THE ONE-DAY SWEET TOOTH SOLUTION

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www.kidsfoodcenter.com
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Are you sick of saying “no” all day long?
How many times have you had the following conversation with your child:

“Mom can I have a candy?”
“No! It’s not even eight o’clock in the morning.”
“But I want a candy!”
“No, sweetie, it’s too early.”
“But I want one!”
“Maybe later, if you’re good.”
“But I want one now!”
“I said ‘no!’”

… And then the conversation ends in shouts and tears and maybe even a timeout. Not exactly what you’d call quality time with your kids!

And then the same thing happens again two hours later, at the grocery store…

And then again on the car ride home!

I remember sometimes feeling like most of my day was spent arguing with my children about treats! I hated the constant battle, but there was no way I was going to let them eat sugar whenever they wanted to.

So what do you do when you care about your kids too much to let them ruin their health (and teeth), but you’re sick of the endless begging for sweets?

Here’s some good news…
You don’t HAVE to battle with your kids over candy any more. I’m going to teach you a very simple trick that will cure your child’s sweet tooth—in a single day!

**Why You Should Be Worried About Sugar**

If you’re concerned that your little “sugar addict” is out of control, **you have very good reason to be.** Kid’s sugar consumption these days has gone through the roof. And though everyone knows that soda, candy, cookies and ice cream are common culprits, some parents might not realize how much sugar their kids are actually consuming in their regular food too.

Fruit “cocktails” and “beverages” have white sugar added, as well as most breakfast cereal targeted for children (even healthy sounding ones like Multigrain Cheerios). Granola bars are packed with sugar, and so are packaged deli meats, canned pasta, spaghetti sauce, crackers and flavored potato chips. **It’s hard to avoid, which is all the more reason to limit your toddler or preschooler’s sweet snacks.**

But what if your child’s sweet tooth has become a frustrating daily battle of endless requests for treats -- **and tears and tantrums when they aren’t provided?** What’s a health-conscious parent to do?

Not to worry. Here’s an easy solution that will change your child’s relationship with treats and take the pressure off you deciding when to give in. And, even better, it’s so practical and easy it can be accomplished in just one day.
What exactly is a “treat”?  

First things first… With all those sugar-filled foods out there, you need to determine what the definition of a treat is in your house. For some families it might be a flavored yogurt cup, while for others it might be something more obvious, like a chocolate bar.

Just remember that it should be something that isn’t a regular part of your child’s diet and something that they can look forward to having only once a day. In adult terms, think of that caramel latte you have on your way to work, or the chunk of dark chocolate you savor while watching TV at the end of the day. You deserve a reward for all your hard work, just like your kid deserves one for all that playing and growing up she’s doing!

The “One Treat Per Day” Plan

One of the most irritating things when it comes to dealing with a sugar-obsessed child is their constant badgering: “Can I have a cookie now? How about now? Now?” The “One Treat Per Day” rule is a great way to deal with this issue -- all while giving your child a sense of control over her diet!

Once you’ve determined what a treat is (i.e. a cookie, a chocolate, a bowl of ice cream) tell your child that he gets ONE treat per day.

Now this is the part that might make you cringe: Your child gets to eat her treat whenever she wants. Which means that if your daughter wakes up at 7:30 a.m., she can sit down on the couch, watch her cartoons and eat her treat first thing in the morning -- if that’s what she decides! Or your son can eat his chocolate-covered granola bar right before bed. It’s very important for them to understand that these are their treats and they get to decide when to eat them.

The good news is, you won’t have to argue with them all day anymore. And strangely enough, it’s a great way to give them a bit of independence and let them learn about self-control! Check out the example below:
How Joey’s Parents Cured Their “Treat Junkie”

Five-year-old Joey is a perfect example of why the “One Treat Per Day” method works. When Joey was four, he couldn’t get enough sugar. He asked for sweet treats all day long. He was also a picky eater, and his parents sometime used treats as a reward for eating “proper foods.” But, of course, they were only reinforcing his belief that sugary treats are the good stuff and that eating regular food is some sort of torture that must be endured.

Joey was an addict in the true sense of the word. Minutes after eating one treat he would ask for another. It just never seemed like he could get enough, and his frustrated parents were nearing the end of their rope with his constant demands for sugar.

Finally they decided to try my “Treat Of The Day” method. They told Joey that he was allowed to have one treat of his choice every day. He could have whatever he wanted and he could eat it whenever he wanted. He did not have to eat anything “good” first in order to receive his treat, but the flipside was that he would not be getting any other treats that day. Period.

The first day he asked for a cookie as soon as he woke up. His mom said he could have his cookie, but she reminded him that it would be his one treat for the day and there would be nothing more until the next day.

After a week of this new rule, Joey’s parents were amazed! He was making good decisions about what treat he wanted... and then saving it for just the right time in the day! They were also amazed how well he began to eat regular, healthy food. Because there was no reward for eating it, he ate more because he was hungry and knew that nothing was coming afterwards.
No More Saying “No!”

Imagine how awesome it would be to hang out with your child and never have her pester you for candy, cookies, or other sweet snacks. Suddenly, a major source of tension between you evaporates, just like that!

No more exhausting mealtime battles… no need to stress that your child’s diet (and teeth) are slowly being ruined... Plus, you’ll be giving your child a self-confidence boost by letting her take control of a big part of her own life!

What’s Next? (And A Special Offer!)

If your child is always begging for treats, there’s an excellent chance that you’re facing some other food-related challenges, too.

Do any of the following sound familiar to you?

- **Your child will happily drink milk or juice all day long** — but never wants to eat solid foods. (This isn’t healthy! An all-liquid diet is fine for newborns, but the digestive systems of older children NEED a certain amount of solid food to function properly.)

- **Your child throws tantrums at mealtime.** (Yes, it’s embarrassing as heck—but even worse, it could also be causing a negative association about food that can last a lifetime.)

- **Your child will only eat “white foods.”** You know the ones: white bread… white rice… soda crackers… cereal… (Okay, maybe I should call them “beige foods” ;-) These foods are generally low in nutrients. Your child’s body needs the vitamins and minerals found in fruits, vegetables, whole grains, and high-protein sources such as meat or beans in order to be healthy.

- **Your child flat-out REFUSES to try new foods.** Sure, lots of kids are fussy eaters... But if your little one only eats three or four favorite foods and refuses to try anything else, then she’s probably not getting all the nutrients she needs for optimum health. And that can result in a weakened immune system and more bad colds and bouts of sickness—something no parent wants!
The good news is, there ARE some easy ways to introduce **new, healthy foods** in a way that your children will respond to… *without the constant battles!*

But I’ve got to admit, it took me a while to find them.

**I struggled terribly with my own son’s fussy eating habits.** For the first three years of his life, he lived off crackers, milk, and peanut butter sandwiches. It drove me crazy! But no matter how hard I tried, I couldn’t get him to eat anything else!

At last I enlisted some professional help—a nutritionist and dietician who specializes in working with children. With her help, I was astonished at how quickly and easily I was able to get my son eating a healthy diet!

I was so impressed that I knew I had to share this information with my clients, many of whom were struggling with food-related challenges of their own. So I teamed up with my nutritionist to create a complete step-by-step plan that parents of fussy eaters can use to wean their children off the sweets and treats and get them eating healthier food.

And since you’ve taken the time to read this all way to the end, I’d like to offer you a special incentive to get started with “**The Food Sense Program**” right away!

You can find out more by going to:  
[http://www.kidsfoodcenter.com/special](http://www.kidsfoodcenter.com/special)

All the best,

**Dana Olderman**  
Creator of The Food Sense Program

P.S. If you know anyone else who has a “sugar junkie” in their home, please feel free to pass this along to them!