

# Parenting Tip

## Formula For Getting Kids To Eat Everything

By John Rosemond

Here is my “fail-safe, money-back guaranteed formula for getting kids to eat everything on their plates.”

Yes, it is possible to get kids to eat everything on their plates—spinach, broccoli, Brussels sprouts, you name it. Why, in the American southeast, it is common for toddlers to eat something called livermush. Compared to livermush, broccoli is like ice cream (to me, anyway). Nonetheless, a kid who scarfs down livermush will refuse broccoli.

Why do so many of today's kids have picky palates? Some people with capital letters after their names say it's because their taste buds send weird signals to their brains when they eat certain foods. That explanation cannot be verified; therefore, it is a theory, and a bad one at that. And so what if something initially tastes weird? When I was a kid, I thought spinach tasted weird. I ate it anyway and learned eventually to love it. My parents didn't give me a choice. That's the real reason kids have picky palates — parents give choices.

Since the parenting revolution of the 1960s, experts have been encouraging parents to give children choices. And so today's parents complain about children who argue with them about “everything.” They also complain that their kids won't eat what's put on their plates. “My child won't eat anything but (some form of junk food).” Yes, he will eat something besides junk. Here's the simple, tested, certified, three-step plan:

1. Fix the picky eater what YOU want him to eat for breakfast and lunch. If he does not eat it, wrap it or toss it. Do not allow him to snack between meals, even if he's eaten nothing all day. You have to stop wanting him to eat. He will live, I assure you. My lawyer said I could tell you that.
2. Prepare the evening meal with no consideration of said picky eater's food preferences. On his plate, put one level teaspoon of each food, as in one teaspoon of roast beef, one teaspoon of mashed potatoes with a few drops of gravy (“He loves mashed potatoes and gravy!”), and one teaspoon of broccoli. The rule then becomes: When the child has eaten EVERYTHING on his plate, he may have seconds of ANYTHING, and the second helping of whatever — in this case, mashed potatoes and gravy — can be as large as his eyes are big.
3. It will take a week or so and much complaining and maybe even pitiful wailing in the interim, but he will eventually begin eating the green, weird-tasting thing. At that point, begin slowly increasing the portion size of the green thing, but do not increase the portion of the thing(s) he loves. Keep them at one teaspoon. Within a month, he will be eating a regular-size portion of foods his palate would not accept previously, upon which you can begin increasing the portion size of things he loves, but not past the point where he can eat his favorite things and not be hungry.

Voila! The key to the success of this fail-safe formula — the variable that makes it fail-safe — is that the child's parents do not sit at the table encouraging him to “just try” the food he hates. They must act completely nonchalant. If need be, they can feed him and then sit down to a pleasant meal. What a concept!

# Marriage Tip

No. 77

## 5 Things That Will Make You Happier

By Clara Moskowitz

The pursuit of happiness is sometimes easier said than done.

Some scientists have argued that happiness is largely determined by genetics, health and other factors mostly outside of our control. But recent research suggests people actually can take charge of their own happiness and boost it through certain practices.

"The billion-dollar question is, is it possible to become happier?" said psychologist Sonja Lyubomirsky of the University of California, Riverside. "Despite the finding that happiness is partially genetically determined, and despite the finding that life situations have a smaller influence on our happiness than we think they do, we argue that still a large portion of our happiness is in our power to change."

Lyubomirsky and colleagues last year reviewed 51 studies that tested attempts to increase happiness through different types of positive thinking, and found that these practices can significantly enhance well-being. The results were published in the Journal of Clinical Psychology.

**Here are five things that research has shown can improve happiness:**

1. **Be grateful** - Some study participants were asked to write letters of gratitude to people who had helped them in some way. The study found that these people reported a lasting increase in happiness - over weeks and even months - after implementing the habit. What's even more surprising: Sending the letter is not necessary. Even when people wrote letters but never delivered them to the addressee, they still reported feeling better afterwards.
2. **Be optimistic** - Another practice that seems to help is optimistic thinking. Study participants were asked to visualize an ideal future - for example, living with a loving and supportive partner, or finding a job that was fulfilling - and describe the image in a journal entry. After doing this for a few weeks, these people too reported increased feelings of well-being.
3. **Count your blessings** - People who practice writing down three good things that have happened to them every week show significant boosts in happiness, studies have found. It seems the act of focusing on the positive helps people remember reasons to be glad.
4. **Use your strengths** - Another study asked people to identify their greatest strengths, and then to try to use these strengths in new ways. For example, someone who says they have a good sense of humor could try telling jokes to lighten up business meetings or cheer up sad friends. This habit, too, seems to heighten happiness.
5. **Commit acts of kindness** - It turns out helping others also helps ourselves. People who donate time or money to charity, or who altruistically assist people in need, report improvements in their own happiness.

Lyubomirsky has also created a free iPhone application, called Live Happy ([http://www.signalpatterns.com/iphone/livehappy\\_std.html](http://www.signalpatterns.com/iphone/livehappy_std.html)), to help people boost their well-being.

# Spiritual Tip

## 101 Proofs for God: #2 Ugly Flowers

By Jim Stephens

From the website:  
[www.101ProofsForGod.Com](http://www.101ProofsForGod.Com)

You have probably heard the expression "beauty is in the eye of the beholder". That's generally true, but when it comes to flowers, it's different.

Let's think about ugly flowers. Stop a minute and imagine some of all the different kinds of flowers you have seen in your life. How many would you say are ugly? What percent? Out of 100 different flowers, how many would you say are ugly? 1, maybe 2, maybe even 0.

I tried to find out how many different kinds of flowers there are. But nobody really knows. This comes from ProFlowers.com: "Our planet supports more than a thousand species of flowers. How many different types of flowers actually exist is still not known because they are so diverse."



Www.ChaCha.com says this: "The total number of described flower species exceeds 230,000, and many tropical species are as yet unnamed."

Www.Flowers-cs.com says this: "According to the scientists opinion there are more than 270,000 types of flowers. And each flower in his own way is beautiful and unusual and brings a part of pleasure into your life in order to make it happier."



Just go to the Internet and spend a little time looking at some sample pictures of flowers. You don't have enough time in your day to look at all the pictures of flowers you can find on the Internet.

I googled "ugly flowers" and of all that came up, only a couple could be called ugly.

Of all the flowers you have ever seen in your life, do you remember ANY as being ugly? Probably you might rate some of them as just plain and ordinary, but ugly would be extremely rare. Even the lowly dandelion, hated by many, was beautiful to you when you were a child.

And even those flowers that seem so plain to you, I bet you could find some person that says that exact one is their favorite.



If evolution were true, what are the odds by random chance that out of 270,000 different types of flowers, there are no ugly flowers? The odds must be staggeringly astronomical.

Throw some paint on a canvas as randomly as you can and see how often it comes out beautiful.

Now, there are certainly many ugly bugs. There are some pretty ugly animals and fish too. But there are almost no ugly flowers.

When someone gives you flowers, what is the first emotion that comes to you? The flowers symbolize that they are giving you affection...they like you. Children will do it without being taught.

Imagine that there is a person that makes up 270,000 bouquets of flowers, one for each type, and gives them all to you. What would that feel like? What do you imagine that person would be trying to express to you? Duh. They would be expressing the most amazing, enormous, overwhelming love for you.

For those of us who know God, behind every single one of those flowers is the love God has for me and for you. His love motivated the creation of those flowers.

That's why there are no ugly flowers. They are gifts from a loving God.

There must be a God.

My blog ([www.101ProofsForGod.com](http://www.101ProofsForGod.com)) was inspired by a prayer where I felt God's helplessness against all of the attacks against his existence. Very few believers can adequately defend their faith against the onslaught of atheists and evolutionists. However, modern day science is overflowing with evidence for a creative intelligence far superior to that of all humankind. It's just that most people haven't heard about it. That's what my blog is for. The more scientists investigate any field of research, the closer they get to the undeniable truth that life and the universe did not happen by accident, but was created by an intelligent designer.



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