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33 Sensational Outdoor Living Ideas

AUGUST 2006
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One-Day Decorating 15 Pretty Projects

25 Easy Recipes

- Quick Fruit Desserts
- Best Pork Chops Ever!



THE WAITING GAME Teach kids the habit of eating to the point of comfort rather than the point of being stuffed. "This gets them in tune with their bodies," says Donna Fish, author of *Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Problems*. If kids have had a second helping and are still hungry, tell them they need to wait 20 minutes before they eat more. Explain that while they might not feel full right now, if they wait, they probably will. If they are still hungry after the 20 minutes are up, then they can eat more. In the meantime, get them to help you clear the table and do the dishes. "Nine times out of ten they're off and running and forget all about another helping," says Fish. CHRYSLE FIEDLER

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