

# **PARENTING STYLES AND THEIR INFLUENCES ON SNACK CONSUMPTION IN CHILDREN**

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**Background:** Because of children small stomach and the inability to eat large portions of food, snacks should be incorporated into their diet to replenish essential nutrients needed for normal growth and development (Eating and nutrition, 2009). Snacks are important meals because it contribute to the daily nutrient intake

**Objective:** The main objective of this study was to determine parenting styles and influence on snack consumption in children.

**Design:** This study was conducted with 100 participants between the ages of 18-55. Participants were selected from different villages on the island of Tobago. Questions were answered by participants in relation to demographics, perception to nutrition, mealtime management and reading of food labels.

**Results:** A significant relationship was seen between the foods parents will like their child to eat and their control over their diet  $P=.023$ , allowing their child to eat what they want to  $p=.11$  and determining the amount of snack their child should eat. Also a significant relationship was seen with the snack food child usually eat and parents rewarding their child  $p=.006$ . also there is a significant relationship between the accessibility of snack at home and determining the amount of snack a child should eat on a daily basis; the result for this data showed a p value Of  $p=.002$ .

**Conclusion:** Parents are the main factors that influence a child diet and should model healthy eating behaviour for their child.

## **Introduction**