Cystic fibrosis is an inherited genetic disorder that affects many aspects of a child’s life. Nutrition status in cystic fibrosis is important to the health and long-term survival of patients. This review discusses the importance of behavioral intervention in the prevention of nutrition related problems in children with cystic fibrosis.

**Strengths:**
- This review acknowledges that dietary habits are almost impossible to change without addressing the behavioral aspects of food and eating.
- It identifies that behaviors in families with CF children are in fact different than children without CF.
- Discusses research that has found families with a CF child are worse on communication, affect management, interpersonal involvement, behavioral control, role allocation, and overall family functioning.
- Provides specific examples of how behaviors can be changed to enhance nutrition status: positive reinforcements, elimination of coaxing, prompting, commanding.

**Weaknesses:**
- Incorrect information regarding studies that showed improved growth following behavioral intervention.

**Take home message:**
- Addressing the behavioral aspect of how I interview/educate patients and their families.
- Motivational interviewing skills are an essential part of being a successful dietitian.
- Empower to patient and/or family to change behaviors.
- More intense nutrition education, whether it be behavioral or not, is needed as a prevention tool rather than an afterthought.

**Is this changing how I practice:** Yes. Not only are behavioral techniques important in the care of a child with CF, but simply having more interactions with the dietitian from the time of diagnosis will improve the nutrition status of children with CF.