

6 ways to foster your child's food & body relationship.



1. Re-think labelling food.

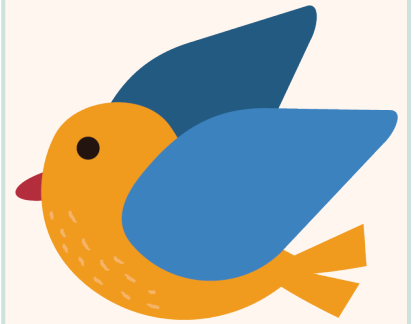
Avoid any labelling system that creates a hierarchy of foods such as Good / bad, Sometimes food, Treat food, Junk food etc. If we label a food as 'BAD', there is potential for negative side effects despite the positive educational intentions.

These could include:

- kids may begin to think they are 'bad' if they enjoy eating food labelled as 'bad'
- Increase feelings of guilt &/or low self esteem, which may have potential to have a range of spiralling effects on behaviour as they grow (restrictions, binges, purges)
 - Increase feeling of stress/worry

2. Avoid commenting on bodies

We don't want kids to think that the way they or someone else looks is the most important thing about them.





3. Celebrate diversity

- Support your child to love all bodies not just the type hyped in society
- Highlight the differences in people as positives
 - Celebrate looking unique
 - Redefine beauty

4. Neutralise the word FAT

- Use the word fat as an everyday descriptive word (fat baby legs, fat juicy orange)
- Consider fat as a point of difference ("some have fat tummies, some have skinny tummies")
- Avoid referring to body fat in a negative way ("I look so fat in this, I better change")
 - Avoid fear of fat in food ("Can't eat this as its too high in fat")

5. Encourage intuitive eating

Children naturally are intuitive eaters

If fed in a way that supports this, most children will:

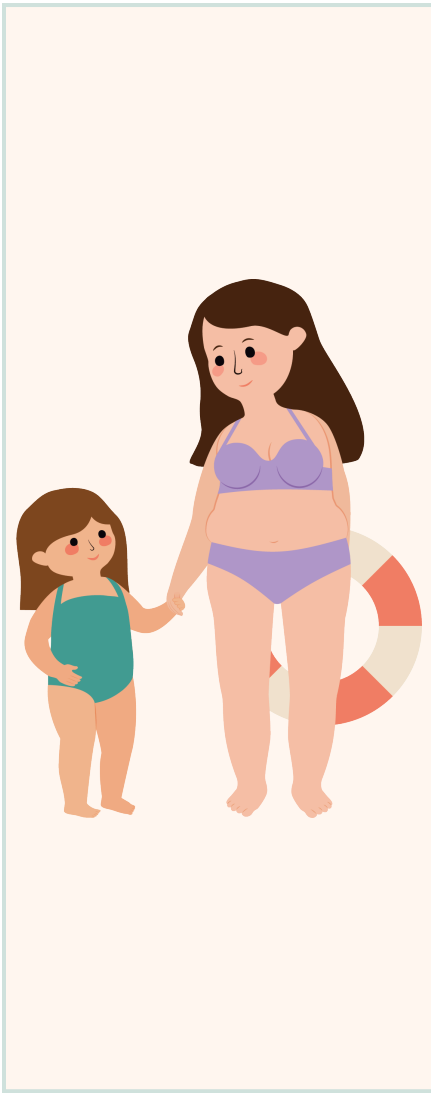
- Continue to eat as much as they need
- Grow in a way that is right for them

How? The division of responsibility

- Parents role - What, where & when
- Kids role - If & how much

Support this via:

- Structured meal times
- Avoid pressure/commenting on food intake
- Get professional help if needed to implement these concepts



6. Be a positive role model

Role modelling is often the best teacher, whether it is intentional or not

- Movement
 - Avoid extremes with your own movement
 - Include family activity - Beach, swimming, bush walks, bike rides
- Mindful eating
 - Not snacking at fridge, not eating for reward/emotion, not eating in front of TV/phone
- Screen time
 - Appropriate phone, iPad, laptop and TV usage should be role modelled - Allows you to put appropriate screen time restriction in place for your children
- Healthy body image & relationship to food

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@fatisfatbook

Kim Lawler Accredited Practicing Dietitian

&

Amba Brown, Positive Psychology Author