



THE FOUNDATION OF HEALTHY BODY IMAGE: IT'S A' PARENT Hunger, Fullness and Feelings

Respect your child's hunger and fullness signals.

- Do not force your child to "clean their plate" or to eat past the point of expressed fullness. This gives the message that they cannot trust their bodies.
- Do not be overly controlling about foods (such as never allowing fried foods or sweets) as this will likely create power struggles.

It is your job to present your child with food choices.

It is your child's job to choose whether, what, and how much to eat.

The goal is to create an environment focused on healthy food choices, with some spontaneity and flexibility thrown in!

It is important that your child watches you enjoy foods in moderation and without guilt. Comments about feeling guilty after eating or having to "work off" dessert send the message that enjoying food is a sin to be punished by exercise (which ruins the joy of eating AND the fun of exercise!).