



# A Parent's Guide to Intuitive Eating:

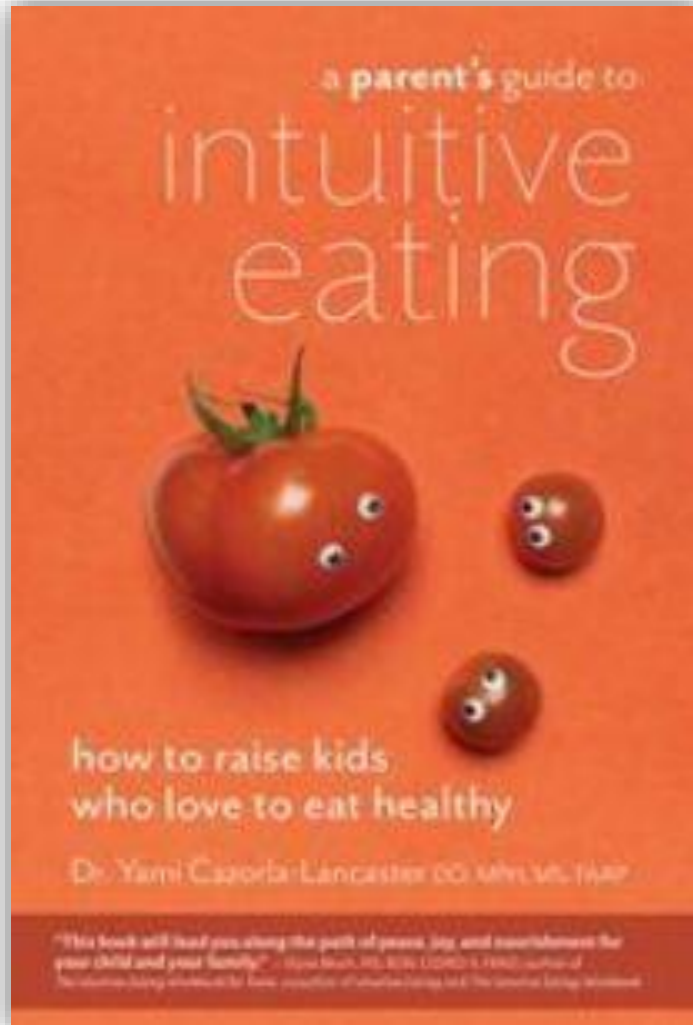
How to raise kids who love to eat healthy

# Agenda

- How to Eat
- What to Eat
- Setting the table for healthy eating habits
- Feeding your child through the years

Please remember: The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of **your** physician or other qualified health provider with any questions you may have regarding a medical condition.

# A Parent's Guide to Intuitive Eating



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- ▶ Yami is a board-certified pediatrician, certified lifestyle medicine physician, certified health and wellness coach, author and speaker. As a passionate promoter of healthy lifestyles, “Dr. Yami” champions the power of plant-based diets for the prevention of chronic disease.
- ▶ Website: <https://www.doctoryami.com/>
- ▶ Book: A Parent's Guide to Intuitive Eating
- ▶ Podcast: Veggie Doctor Radio

# How to Eat

“For the most part, healthy young children eat when they’re hungry and stop when they’re full. Teaching your kids to be in tune with their own hunger and fullness cues will allow them to have a comfortable relationship with food and avoid overeating as they grow older.” Joy Bauer, nutrition and health expert

# Why We Should Care

- Nutrition is vital component of a healthy and joyful life.
  - It can contribute to health or disease, positively or negatively impacting us in many ways.
- Physicians are starting to diagnose children with chronic illnesses that are typical for adults, such as:
  - metabolic syndrome (insulin, glucose, cholesterol abnormalities)
  - type 2 diabetes
  - fatty liver disease.
- The three primary reasons for why:
  1. Promote health and well-being – Help children genuinely feel good so they can focus on enjoying their childhood.
  2. Decrease risk of chronic disease and support longevity – prevent!
  3. Foster confidence – develop a healthy relationship with food!

# Intuitive Eating: Your child's superpower

- Intuitive Eating is when people honor their hunger, respect their fullness, and enjoy the pleasure of eating.
- Intuitive Eating encourages tuning in and paying attention to the body's internal signals of hunger and satiety.
- Intuitive eating achieves all three goals (promote health and wellbeing, decrease risk and fosters confidence)

# Hunger and Satiety

- Hunger is a feeling of discomfort or weakness caused by lack of food, coupled with the desire to eat.
- Physical or Physiological hunger occurs when the body biologically signals for more food.
  - One of the principles of intuitive eating is to derive pleasure and enjoyment from food. You can maximize pleasure from food by waiting for physical hunger before you eat.
- Satiety refers to feeling satisfied with the amount of food that one has consumed. Sensing satiety is subtle and more challenging to recognize than physical hunger.
  - Knowing when to stop eating is a vital component of intuitive eating.
- Intuitive eaters tune into their bodies and know which foods lead to feeling good and which cause feelings and sensations that they do not enjoy.

# Body Acceptance

- To truly embrace intuitive eating and develop a healthy relationship with food, it is necessary to let go of the need to rigidly control weight.
  - Recent 2018 data shows 79% of Americans feel unhappy with their body
- Dieting is incompatible with intuitive eating. Dieting imposes rules that dictate when, what and how much to eat.
- The best way for parents/family members to help children become intuitive eaters is to let go of dieting and model intuitive eating.
- *Health at Every Size* removes the focus from weight and body size and instead places it on health and well-being.
- When we start to focus on eating, moving, and living for health and joy rather than for size and weight, something magical happens.
- Health at Every size keys:
  - Weight Inclusivity, health enhancement, respectful care, eating for well-being and life-enhancing movement.



# Body Acceptance

- Children pressured to eat actually avoid food more, eat fewer fruits and vegetables, and consume more processed foods.
- Restricting food quantity or certain types of foods to control a child's weight tends to augment that child's desire to seek food, and, ironically can lead to more weight gain.
- Emotional feeding is when parents give food to their children in an attempt to influence their behavior or change their emotional state. Children fed this way are more likely to become emotional eaters.

# Body Acceptance

- Tips for supporting your naturally lean child:
  - Offer health promoting meals and snacks on a regular schedule
  - Avoid becoming a short order cook because you feel like your child is too small
  - Never force them to eat; respect their satiety cues.
  - Avoid making comments, teasing, or creating nicknames about their size or weight. This can be just as hurtful as it is for larger children and create self-consciousness.
  - Stand your ground and be an advocate for your child when you encounter comments from strangers and family members.

# Body Acceptance

- Tips for supporting your naturally large child:
  - Shift your focus from body size or shape to health and well-being. Believe that your child can be healthy NOW, regardless of their size.
  - Practice intuitive eating and body confidence yourself. Be a role model.
  - Adopt a health-promoting diet for the entire family. Do not make a special diet just for the child who struggles with weight.
  - Help your child learn to tune into hunger and satiety. Be patient as it takes time.
  - Get your child active in a sport or after-school physical activity that they enjoy.
  - Be a role model and continue to improve your healthy eating and exercise.
  - Do not single out your child or try to shame them or guilt them into changing their eating habits.
  - If you suspect your child is a chronic overeater and is having problems with binge eating or hiding food, model the principles of intuitive eating.
  - Be patient, do your best, and let go of the outcome.

# Body Acceptance

- Media Exposure
  - Exposure to media has many effects on our thoughts and behaviors.
  - Food companies specifically target advertising towards children.
  - Studies find that more TV/media = more energy-dense foods, sweet beverages, snacking and also eating less fruits and vegetables.
- Under two – do not expose children under 2 any screen time.
- Over two – allow up to an hour of supervised screen time per day.
- Magazines – Avoid subscribing to magazines that have body-focused, weight-loss or dieting themes.
- Social Media – Do not allow your child to have social media accounts until they are old enough (i.e. 13+ years old). It is not necessary and healthful.
- Advertisements – Openly discuss advertisements and marketing to children so they understand and critically evaluate what they see (skepticism/thinking).

# Body Image

- How to promote a healthy body image to your children:
    1. Be a role model for positive body image.
    2. Be aware of your own talk.
    3. Avoid teasing children.
    4. Keep the lines of communication open.
    5. Reassure your child that body size and weight fluctuates over a lifetime.
    6. Remind your child that they have inherent worth and are loved regardless of their body size, shape, or weight, or any other physical characteristics.
    7. Don't promote dieting or other restrictive practices to change the appearance of their body.
    8. Talk about food in terms of health and pleasure, not in terms of calories.
    9. Focus on qualities other than appearance.
    10. Teach your kids to be critical of media images and our dieting culture.
- \*If you feel trapped in cycle of negative body image and recurrent dieting, here are a few tips: Accept yourself as you are this very moment, stop dieting, get rid of your scale and tune into your own hunger and satiety.

# The 5 Pillars of Healthy Eating

1. Honor Hunger and Satiety
2. Emphasize Whole Plant Foods
3. Establish a Positive Environment
4. Be Flexible
5. Relax and Have Fun!

\*Focus more on the overall pattern of your family's habits and well-being instead of focusing on a particular meal or your child's weight or size.

\*Respect your own body and model self-acceptance and self-compassion so that your children learn these skills as well.

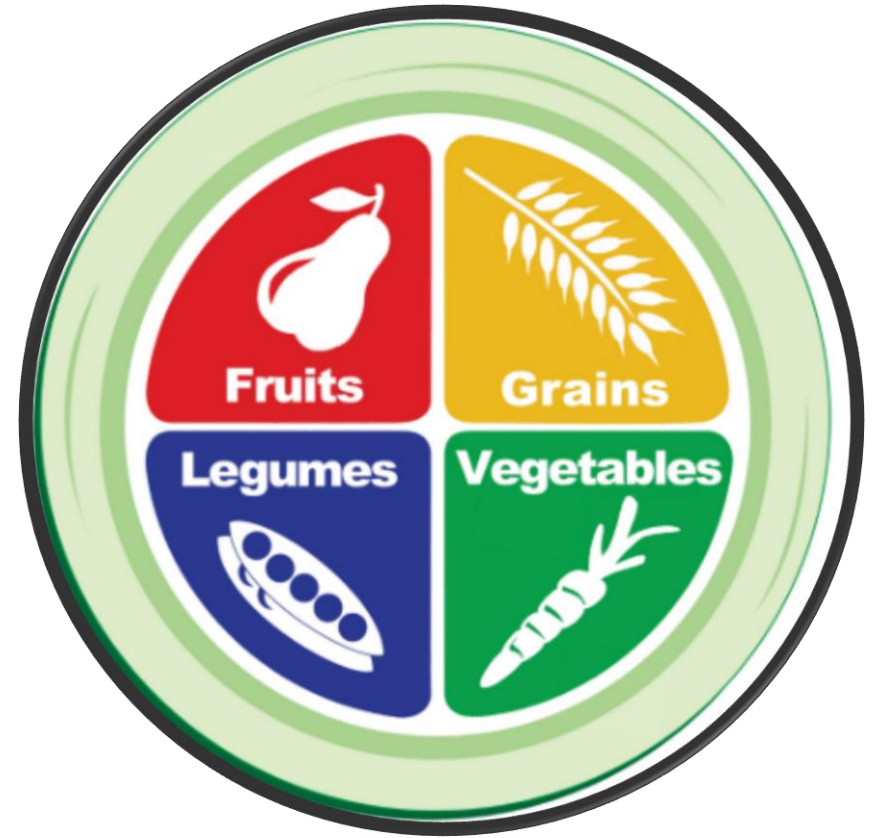
\*Don't get hung up on the little details, and please don't try to be perfect.

# What to Eat

“Let Food be thy medicine and medicine be thy food.”  
Hippocrates

# Eating to Thrive

- For optimal health, center your family's diet around whole plant foods.
- Fruits
- Vegetables
- Whole Grains
- Legumes (beans, peas, lentils)
- Limit/Avoid Processed Foods. Processed food often comes in bags, boxes, or packages and has a long list of ingredients.





# Shift Attention from 'protein' to 'fiber'

- Protein is NOT a food group! Protein is one of the basic macronutrients found in a variety of foods.
- Protein is present in every whole plant food, in varying percentages.
- The average healthy person will absorb enough protein from a variety of whole plant foods as long as they are consuming sufficient calories.
- In the standard American diet, fiber is often neglected and is one of our most significant deficiencies.
- Fiber helps keep our digestive system regular.
- Fiber helps remove toxins, excess hormones, and cholesterol.
- Fiber contributes to satiety.
- Fiber promotes the growth and maintenance of healthy gut bacteria.

# Integrating a Plant-Centered Diet



- Meatless Monday (or Tuesday, Wednesday, Thursday...)
  - Full plant-based one or more days per week
- The “Weekday Vegan.”
  - Full plant-based during the week with other foods included on the weekend.
- The “Vegan before 6.”
  - Make all your breakfasts and lunches plant-based so you can be more relaxed with your dinner choices.

# Integrating a Plant-Centered Diet



- Breakfast:
  - Oatmeal cooked in water or plant-based milk (such as almond, coconut, hemp, or soy milk) top with blueberries and walnuts.
  - Fruity Roll-Ups: whole wheat tortilla with natural peanut butter (or other nut or seed butter) stuffed with sliced bananas and strawberries.
  - Whole grain cold cereal with soy milk and fruit.
  - Avocado toast with sliced tomatoes.
  - Green Smoothie with bran muffin.



# Integrating a Plant-Centered Diet



- Lunch:
  - Peanut butter and jelly sandwich with an apple or banana
  - Bagel sandwich smothered with roasted red pepper hummus and layered with sliced cucumbers, tomatoes, and onions
  - Bean burrito filled with refried pinto beans, salsa and guacamole
  - Veggie corn tacos stuffed with black beans, corn, and fresh avocado
  - Dairy-free tomato soup with crusty bread



# Integrating a Plant-Centered Diet



- Dinner:
  - Whole grain pasta with marinara sauce and roasted vegetables
  - Cuban black beans, rice, and a side salad
  - Veggie burger on a whole wheat bun with all the trimmings and baked sweet potato fries
  - Loaded veggie pizza made with whole grain crust, red sauce, chickpeas, and all your favorite veggies
  - Veggie sushi and miso soup





# Integrating a Plant-Centered Diet



- Snacks:
  - Fresh fruit (apples, pears, bananas, plums, oranges... the choices are endless!)
  - Raw, cut-up veggies (carrots, broccoli, cauliflower, red bell peppers) dipped in hummus
  - Crispy roasted chickpeas
  - Homemade trail mix (raw unsalted nuts with dried fruit)
  - Leftovers from breakfast, lunch or dinner



APPLES & PEANUT BUTTER



POPCORN



RICE CAKES  
WITH NUT BUTTER



GUAC & PITA CHIPS



VEGGIES & HUMMUS



MIXED NUTS



FROZEN GRAPES



KALE CHIPS



VEGAN PITA PIZZA

# Nutrients of Concern

- The most common deficiencies in the standard American diet can be improved by creating a diet centered around whole plant foods that actually create vitamin and nutrient advantages that improve health, well-being and longevity.
- Iron:
  - Iron is a heavy metal that is necessary for the formation of hemoglobin, an essential component of red blood cells.
  - Iron deficiency can lead to anemia. Anemia is when you have fewer blood cells than you need to transport oxygen in your blood stream adequately.
  - Anemia can lead to fatigue, pale skin, rapid heart rate, and not feeling well in general.
  - Globally at least ½ of all anemia is caused by iron deficiency.
  - It is a myth that vegan or vegetarian children suffer more from iron-deficiency anemia than omnivorous children. You do not need to eat meat to obtain sufficient iron.
  - Iron absorption is aided by the simultaneous ingestion of vitamin C, which is plentiful in fruits and vegetables.
  - The best sources of iron in a plant-based diet include legumes, leafy greens, and some whole grains.

# Nutrients of Concern

- Calcium:
  - Calcium is a vitamin that, along with vitamin D, is necessary for the proper development of bones. It is also required for the electrical conduction in the heart and for proper function of neurotransmitters.
  - Most people think they need cow's milk for calcium; however, it is not the only sources of calcium in the human diet, and is certainly not essential for the development of strong, healthy bones.
  - Here are two thoughts on calcium and healthy bone development:
    1. Calcium is present and absorbable in many whole plant foods!
    2. The best way to build strong bones and prevent bone loss is through weight-bearing exercise and adequate calcium intake.
  - Plant foods high in absorbable calcium:
    - Leafy greens: collard greens, turnip greens, kale, bok choy, broccoli, cabbage
    - Beans: tofu, tempeh, soybeans, navy beans, chick peas
    - Other: tahini, almond butter, blackstrap molasses
    - Fortified foods: fortified plant-based milks
  - Dairy – Dairy is not necessary for children, and it can cause harm. It can cause harm in adults and children by way of: severe anemia, chronic constipation, abdominal pain, lactose intolerance, bloody stools, acne, menstrual pain, auto-immune disorders, arthritis and others.



# Nutrients of Concern

- Supplements: Contrary to popular belief, most vitamins and supplements do not improve health or make up for major errors in our diet.
- Although supplements can prevent deficiencies in micronutrients, they are meant to complement a diet with a strong foundation. However, a few are worth deliberately including in your regimen:
  - Vitamin B12
    - This is necessary for the development of healthy blood cells. It is also utilized in the nervous system in the formation of myelin. You can take B12 by itself or you can take it as part of a multivitamin.
    - For children, 500mg per day or 1000mcg 2-3 times per week. You can also give them a daily multivitamin that includes B12
  - Vitamin D
    - Vitamin D is a hormone that is produced in the skin with exposure to sunlight. It is essential for the development of strong bones. 20-30 minutes of sunlight can be sufficient; however, many parts of the U.S. throughout the year it may be challenging. Best plant food for Vitamin D is mushrooms.
    - For children, 400 to 600 IU per day. A breastfeeding mother can take 6,400 IU of vitamin D to ensure that the baby acquires sufficient Vitamin D.
    - Vitamin D supplementation does not seem to cause harm or toxicity.

# Nutrients of Concern

- Omega -3 Fatty Acids
  - Omega-3 Fatty Acids are required for proper brain development and a healthy cardiovascular system.
  - Omega-3 Fatty Acids come in the form of alpha-linolenic acid (ALA), eicosapentaenoic (EPA), and docosahex-aenoic acid (DHA).
  - Omega-3 Fatty Acids naturally occur in some whole plants, particularly flaxseeds, raw walnuts, chia seeds and hemp seeds. They are also present in leafy greens. You can also obtain them from Algal oil supplement in liquid or capsule form
- Multivitamins
  - Many multivitamins usually do contain the nutrients of concern in adequate amounts. The only things not routinely added to a multivitamin are the DHA/EPA omega-3 fatty acids.
  - Generally you want to look for brands that do not have any added animal products such as Dr. Fuhrman's line of vitamins, Complement, and Complement Plus by Alpine Organics.

# Setting the table for healthy eating habits

“Good habits are worth being fanatical about.”

John Irving, American Novelist

# Lifestyle habits that support intuitive eating

- Sleep
  - Sleep is one of the most abused lifestyle habits in the modern era. Artificial lighting, television, video games, and social media all contribute.
  - We spend a ½ of our lives sleeping. Sleep is valuable and necessary for our brains and our bodies to function properly.
  - Children require a lot of sleeping throughout their lives, and it is critical for proper growth and development. They need a regular, consistent bedtime routine.
  - If your child is sleep-deprived, they are going to be compelled to eat, usually foods that are high in sugar, fat, and salt.
  - Sleep is essential. Please don't neglect it and take care to foster excellent sleep habits in your children.
  - If your child appears refreshed and energetic after they wake in the morning, it is a sign that they have had enough restorative sleep.

# Lifestyle habits that support intuitive eating

- Sleep tips:
  - Have a regular sleep routine seven nights per week.
  - Got to sleep at the same time and wake up at the same time every day, not deviating more than one hour in either direction.
  - Get exposure to sunshine early in the day.
  - Ensure that your child is getting a minimum of thirty minutes of physical activity per day.
  - Avoid heavy meals right before bedtime.
  - Start turning down lights in your house a couple of hours before bed time.
  - Turn off and put away computers, smartphones, tablets, TVs, and other screens at least one hour before bedtime.
  - Do not allow TVs or computers in your child's room.
  - Keep rooms dark and cool.
  - Use white noise.

# Lifestyle habits that support intuitive eating

- Stress
  - Stress is the body's reaction to a challenge resulting in physical, mental, or emotional responses.
  - When we feel stressed, physiological changes in our chemicals prepare us to react to the challenge (fight or flight) in which our heart rate and blood pressure rise, our breathing changes, we get sweaty and we become alert and prepared to make quick decisions.
  - Not all stress is bad. Mild, infrequent stress can be healthy.
  - When stress becomes frequent, severe, and chronic that it is no longer helpful and can lead to health problems.
  - Chronic stress leads to elevated cortisol levels which can negatively affect our health, decrease our metabolism, increases our appetite, overeating, undereating and other physiological challenges.
  - High stress lifestyles prompt adults and children to seek out foods that are high in fat and sugar.

# Lifestyle habits that support intuitive eating

- Stress Tips:
  - When you speak to your child, validate their feelings and reassure them that it's okay and healthy to experience ALL emotions.
  - Healthy ways to manage stress:
    - Prayer, meditation, or quiet reflection.
    - Journaling
    - Exercise
    - Yoga or stretching
    - Diffusing essential oils, such as lavender
    - Talking it out with a friend or family.
  - If you feel that your child is overly stressed or anxious or has had a sudden or concerning change in behavior, please have them see a professional. An excellent start would be your pediatrician or family doctor, who can evaluate your child and may refer them to a counselor or therapist.

# Lifestyle habits that support intuitive eating

- Exercise
  - Physical activity seems to come naturally to children.
  - Physical activity serves many functions including strengthening bones and muscles, moves lymph fluid, helps return blood flow to the heart, and so much more.
  - Exercise strengthens immunity, decreases the risk of heart disease, reduced risk of Alzheimer's disease.
  - Staying active improves sleep and positively affects metabolism.
  - Exercise also has a beneficial influence of appetite-regulating hormones.
  - Studies show that people who exercise to “get in shape” are less likely to continue regular exercise than people who exercise to feel good.



# Lifestyle habits that support intuitive eating

- Exercise Tips:
  - Let physical activity come naturally by creating ample opportunities and creating an environment that promotes movement.
  - Make movement part of your family life.
  - Make your home a movement-friendly zone.
  - Model joyful movement.
  - Try new activities together.
  - Support and encourage team and individual sports.
  - Create challenges and incentives.

“When you foster intuitive eating habits, offer health promoting foods to your children, and promote the healthy lifestyle habits of sleep, exercise, and stress reduction, you will be giving your child the gift of a lifetime.” Dr. Yami

# Feeding Styles

- Authoritarian Feeding Style –
  - When parents fall under this feeding style they want to have as much of control as possible over what their children eat. The authoritarian parent, may be more prone to urge their children to eat their vegetables, and use dessert as a bribe for eating their greens. Studies show this leads to children eating fewer vegetables because they tend to set a lot of strict limits and have many rules.
- Permissive/Indulgent Feeding Style –
  - When parents avoid conflict and want to please their child. The permissive parent has little rules and boundaries and tends to say “yes” to most requests. These children may develop difficulties regulating their intake of foods.
- Neglectful Feeding Style –
  - When parents are rushed and busy or may not have the skills or experience necessary to plan, buy, or prepare appropriate foods. These children may start to over-focus on food because it may be scarce and inconsistent.
- Authoritative Feeding Style –
  - When parents set some boundaries but also allow their children the freedom to get to know their appetites and explore food. Ideal feeding style because parents decide when to eat and allow their children to determine if and how much. They also set some boundaries that enable their children to learn the skills of intuitive eating. This is the most beneficial feeding style and improves nutrition of children.

# The Power of Family Meals

- Studies have found family meals to be a predictor of healthy children and teens.
- We live in a busy, sometimes overscheduled life, which has led to eating on the run and fitting in food when we can. Unfortunately, this type of eating detracts from our efforts to help children learn the principles of intuitive eating.
- Default guidelines for healthy meals:
  - Always eat sitting down – keep the meals at an eating place and in a relaxed space.
  - Avoid distractions – turn off the television, phones and tablets, etc.
  - Keep meals calm, relaxed, and pleasant.
  - Tune into and enjoy your meal.

# Fire the Food Police

- Absolute rules and fear-based tactics for food can lead to greater troubles. Fear often leads us to draw lines in the sand.
- It may seem like it would be easier to categorize all foods into “good” or “bad.” However, this often backfires. It leads to children that rebel and indulge only in the so-called “bad” foods or become obsessed with perfection and avoid all “bad” foods at any cost.
- Food is neutral. As I described in the previous section, there are potential benefits and potential harms, but these are not absolute.
- What is important is to ensure that we do not convey to my little one that there is something wrong or bad about them because they chose and ate that food. Instead of moralizing, let’s normalize.
- Let’s shift the conversation to how we can balance these types of foods in an overall health-promoting pattern of eating that is enjoyable and sustainable for a lifetime.

# Feeding your child through the years

“The early years are when you give your child a foundation for establishing a proper diet. If kids learn about the importance of eating healthy early in their lives, they will not have to relearn as an adult.”

Nicole Henderson, CEO of Selsi Enterprise

# Pregnancy

- Key Points:
  - Emphasize health-promoting whole plant foods during your pregnancy, including an abundance of fruits, vegetables, whole grains, beans, nuts, and seeds.
  - If you aren't already an intuitive eater, practice tuning into your body and recognizing your hunger and fullness signals.
  - Take your prenatal vitamin and consider taking a vegan omega-2 DHA/EPA supplement if it's okay with your doctor.
  - Enjoy your changing pregnant body and stay active in ways that feel good.
  - Dieting during pregnancy can harm your baby can also prevent you from practicing the principles of intuitive eating. If you feels the need to diet, reach out for support.
  - Anxiety and depression can affect some women during pregnancy and in the postpartum period. Get help as soon as possible for the benefit of yourself and your baby.

# Early Infancy (Newborn through 6 months)

- Key Points:
  - Become familiar with and respond to your baby's hunger and satiety cues.
  - If you choose to nurse, continue to eat an abundance of vegetables, fruits, whole grains, beans, and nuts and seeds as this will continue to influence your baby's future taste preference.
  - Bottle-fed infants tend to eat faster than breastfed babies. Pay attention to satiety signals to avoid overfeeding. Avoid using milk to soothe your baby when they are not hungry.
  - Never force a baby to eat past fullness.
  - Breastfed and formula-fed babies can develop intolerances and sensitivities. If your baby develops vomiting, diarrhea, or blood in their stools, see a medical provider immediately.

# First Foods: (6 months through 1 year)

- Key Points:
  - Don't be afraid to offer a variety of green vegetables and beans, fruits, and nut and seed butters.
  - It's okay to get messy! Starting your baby on solids is an adventure. Have fun and don't stress about the mess. Let your baby play and enjoy the colors, textures, and flavor of foods!
  - Be patient and persistent. If your baby doesn't like a new food immediately, it's okay! It's very tempting to beg or plead with your baby to eat. Resist the temptation and be sensitive to your baby's hunger and satiety cues. Keep offering that option at other meals.
  - Transition to finger foods and allow your baby to self-feed as soon as they show signs of readiness. When babies are able to feed themselves, this allows them to be even more connected to their hunger and satiety signals.
  - Begin to establish a routine for meals and snacks but remain sensitive to early hunger and satiety cues.
  - Avoid introducing juice, processed foods, and hyper-palatable foods to your baby.



# The Toddler years: (1 year through 3 years)

- Key Points:
  - Wean your child off the bottle at one year of age. Water should be a child's main beverage and what they drink between meals.
  - Continue to offer three meals per day, plus snacks as needed.
  - Continue to emphasize vegetables, fruits, whole grains, beans, and nut and seed butters.
  - Be persistent and consistent; keep your cool.
  - Avoid processed foods, “kid-friendly” and “snack” foods, as well as juice and other sweet beverages.
  - Avoid drinking milk between meals, before bedtime, or throughout the night as it increases the risk of cavities.

# Preschool and the early years: (4 years through 10 years)



- Key Points:

- Start to allow your child more freedom in food choices outside of the home at school, parties, and restaurants.
- Consider integrating a play food drawer for your child at home.
- Involve your child in menu planning, grocery shopping, and meal preparation.
- Continue to talk to your child about the feeling of hunger, fullness, and other body sensations.
- Pressuring your child to eat leads to stressful food battles. Decrease the stress by sticking to the habits.
- Avoid becoming a short-order cook. Prepare one health-promoting dinner for the family.

# Tweens and teens: (11 years through 18 years)

- Key Points:
  - Respect the independence and choices of your child but continue to set loving boundaries.
  - Continue to offer and provide a wide variety of whole plant foods but make them convenient and accessible.
  - Continue the habit of family meals, even if it is just a few times per week.
  - Discuss food and eating in terms of health and well-being instead of body size or weight.
  - Continue to involve your child in menu planning, shopping, and meal preparation.
  - Avoid judging, nagging, or shaming your child about their food choices.

# Play Food Drawer

- A food drawer is a concept that can give your children their own drawer or cabinet (preferably) in the kitchen or pantry to keep a small stash of his or her preferred “play food.”
- It is a great way to avoid restriction and allow your child a little more freedom and choice.
- Ask your kids what their favorite play foods are and purchase a small amount once a week or once a month to place in their special area.
- They then have the freedom to choose when to eat it. Try to guide your children to avoid eating these foods right before a meal or after they brush their teeth at night; otherwise – try not to interfere.
- Now everybody in the house has their designated area where they know their special treats will be safe and they will not be judged for eating these items.

# How to Avoid Food Battles

- You must continue to trust your child and not panic when they make food choices that you are uncomfortable with. However, don't forget that you are still the gatekeeper in the home.
- A few reminders:
  - Prepare your child. Give time to mentally prepare for new food encounters.
  - Make it easier. Put something you know they like with something new.
  - Don't force it. NEVER force a child to eat.
  - Don't beg or plead. Keep calm and stay on your plan.
  - Store it. Save your child's food for later if they choose not to eat.
  - Make it a game or a challenge. Create a food challenge to try new foods.
  - Chill out. Take deep breaths, relax and do not take it personally.

“If at first, you don’t succeed, try and try again!” Dr. Yami

For more information purchase and read “A parent’s guide to intuitive eating” or visit Dr. Yami’s website

<https://www.doctoryami.com/>