

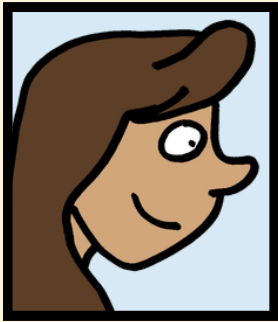
Intuitive Eating for Kids

You can use intuitive eating when feeding your kids. Using intuitive eating with your kids can help them stay in touch with their hunger and fullness cues, try new foods, and have a healthy relationship with food. Use the following steps to use intuitive eating with your kids.

Teach your child about meal and snack responsibilities

Parents and kids have different responsibilities at meal and snack times.

Parent's Responsibilities Include:



1. Choose what to eat
 - Make one meal for the entire family to eat.
 - Avoid making individual meals for each family member.
2. Choose when to eat
 - A schedule teaches kids that food is available regularly, which helps them to trust their body's hunger and fullness cues.
 - Set the meal and snack schedule and choose how long each meal and snack lasts.
 - Try using wording such as "The kitchen opens in 15 minutes, at 12:00" or "Is there anything else you want to eat at lunch today? The kitchen is closing in 5 minutes."
3. Choose where to eat
 - When possible, eat meals together as a family in a specific spot, such as at the kitchen counter or table.

Kids' Responsibilities Include:

1. Choose how much to eat.
 - Kids' appetites will change day-to-day. They may eat more at some meals and snacks than others. This is normal. As they eat a variety of healthy foods throughout the week, they will eat all of the nutrients they need, even if they don't eat every food at every meal and snack.
 - Let your kid serve themselves when they are able to. This will help them improve their motor skills and choose how much they want to eat at meals and snacks.
2. Choose whether or not to eat.
 - It is normal for kids to be uneasy about new things, including foods. Offer a variety of foods, including favorite foods and new foods at every meal and snack, and let your kids choose if they want to try the new foods. Encourage your kids to smell, touch, describe, like, and try a bite of new foods. Over time, this will help them feel more comfortable trying new foods.



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Be a role model of intuitive eating

Your kids will watch you and follow what you do. Try following these guidelines to be a role model of intuitive eating for your kids.

Be an Intuitive Eating Role Model:

1. Offer a variety of foods from all food groups at meals and snacks each day, and let your child see you enjoying these foods.
 - o This includes less healthy foods, or “sometimes foods”.
2. Talk about your hunger and fullness cues with your kids, so they can see you following your own fullness and hunger cues.
 - o This can include talking about your hunger and fullness cues, such as by saying things like “This sandwich was so yummy, but my tummy is telling me that it is full now.”
3. Avoid using terms like “good” or “bad” when talking about food. Using these terms can make kids want the good or bad foods more, instead of listening to their body’s cues.
 - o Instead, teach kids about the nutrition of different foods to teach that while we can enjoy all foods, nutritious foods give us what we need to grow, learn, and play the best.
 - Teach kids about nutrition through explaining why different foods are healthy for them. This can sound like, “Red foods can help you have a strong heart and orange foods can help you see better”.
 - o Don’t make comments if your child asks for or is given sometimes foods. Let your child eat the food and choose how much of it they want to eat.
 - If your child asks for sometimes foods, you can say things like “I love cake too, wasn’t it yummy when we had it at your friend’s party? Cake isn’t on the menu for lunch today, but noodles and fruit are. Would you like apples or bananas with your noodles?”



Teach your child about intuitive movement

You can teach your child to enjoy being active and to follow their body’s cues about what types of activity to try and enjoy.

Teach Your Child About Being Active:

- Be active as a family together by going on walks, hikes, bike rides, and playing sports or games together.
- Encourage kids to try group activities, such as dance or team sports. This will help them to find types of activities that they like, which can improve their self-esteem.
- Be a role model of enjoying activity and movement to your kids.
- Limit screen time. Too much screen time will limit how active kids are each day.
- Focus on promoting activity as a way to feel good and be healthy, not a way to lose weight.