

Raising Intuitive Eaters

Nurturing a Healthy Food Relationship in Kids

Inhale. Exhale.
Perfect nutrition will not make or break your health.

Feeding is full of complexities.

- It is not a bunch of rules, quick tips, and hacks.
- It is extremely personalized – not a "tell me what to do" topic.
- Due to social media, everyone is an expert and fear rules. 👀
- The conversation around food often involves body shape and size.
- Neurodivergence has very different nuances and outcomes.

Gentle Nutrition Guides - Rachael Hartley, RD

- Eat fruits and vegetables.
- Eat whole grains and other fiber rich carbohydrate sources.
- Don't fear fats.
- Eat more plants and fewer animals.
- Have dairy if you enjoy it.
- Be mindful about sweets.
- Emphasize fresh foods.
- Include fresh foods when possible.
- Pay attention to how food makes you feel.

Your relationship with food and your body is one of the most impactful factors in how your child will feel about theirs.

Creating Healthy Relationships with Food

- Start with yourself.
- Share explanations with your family.
- DO NOT MAKE IT ABOUT WEIGHT!!!
- Do not use "health" as code for weight.
- Take baby steps.
- Learn and plan together.
- Find age-appropriate roles for children.
- Create neutral language for food.
- Edit social media and voices that impact your children.

Favorites for Kids!!!

Dr. Taylor Arnold
- IG - @growing.intuitive.eaters
- YouTube - @growingintuitiveeaters

Ellyn Satter Institute
- https://www.ellynsatterinstitute.org/

Books

Intuitive Eating (Book and Workbook) - Tribole and Resch
How to Raise an Intuitive Eater - Brooks and Severson
More Than a Body (Book and Workbook) - L. and L. Kite
Your Child's Weight: Helping without Harming - E. Satter
The Emotional Eating, Chronic Dieting...Workbook - C. Harrison et al
Gentle Nutrition - R. Hartley
The Eating Instinct - V. Sole Smith
Child of Mine - E. Satter
Anti-Diet - C. Harrison
Don't Eat It. DEAL with It! - H. Lehman

Download Weight-Inclusive Podcasts, Books, Articles, Research, and Instagram Accounts HERE.

Heather Sayers Lehman, MS
HeatherSayersLehman.com

OVERCOMING U
CULTIVATING EMPLOYEE WELL-BEING