

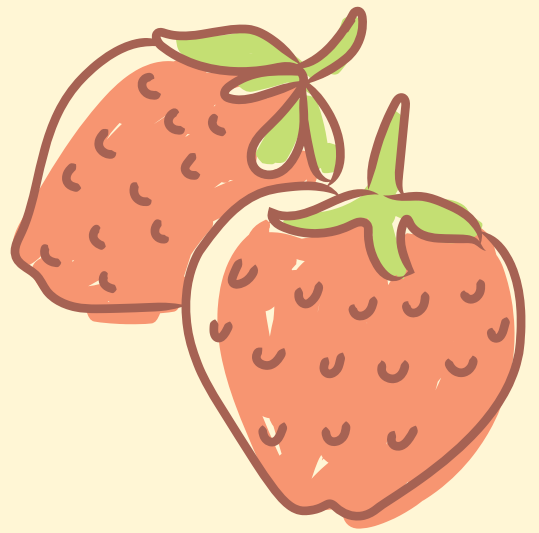
BALANCED EATING

Intuitive eating for children

1

TAKE THE PRESSURE OFF

There isn't a right or wrong way to eat. Children are naturally intuitive to their own needs and desires. Focus on education of a healthy balanced lifestyle.



2

COMMUNICATE

Encourage balanced communication, where the children can share their likes and dislikes, thoughts and feelings in a safe place.



3

BE CAREFUL WITH YOUR LANGUAGE

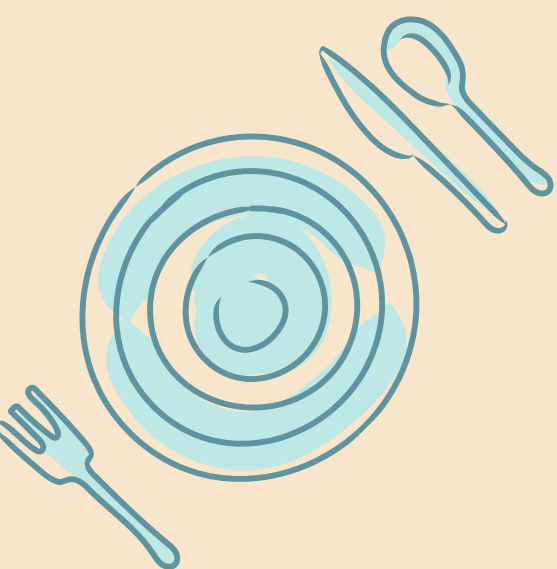
Try not to refer to foods as 'good' or 'bad', 'treat', or 'naughty', as this may contribute to an unbalanced relationship with food.



4

ENCOURAGE NEW FOODS AT THEIR PACE

When introducing new foods, it can take multiple attempts before your child accepts the food. Go at their pace with what foods they accept or not.



5

MAKE FOOD FUN!

Encourage the children to get involved with the food shop, meal planning, preparing the food, cooking and cleaning up. It helps teach them essential skills.

