



TIPS TO RAISE INTUATIVE EATERS

While Intuitive Eating includes some aspects of Mindful Eating (which we learned about last month), it is not the same. Below are some tips to help children become Intuitive Eaters

- Help children understand their personal hunger and fullness cues. Let them stop when they say they are done.
- Provide them with regular opportunities to eat.
- Plan ahead for hunger (follow a schedule)
- Be mindful during the eating experience (remember the mindful eating tips you learned about previously?)
- Think about hunger and fullness along a continuum. Discuss this with children.
- Remind children that they will have the opportunity to eat again. (It is okay to discuss when the next meal or snack will be.)
- Be a good role model!

INTUITIVE EATING WITH CHILDREN

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Getting the right nutrition for children can seem like A LOT of work. It can feel overwhelming trying to balance getting in the “right” foods and nutrients while also honoring a child’s internal regulation system. It may appear to be a balancing act trying to properly nourish them while also respecting their hunger and fullness cues. This is where Intuitive Eating may come in to play.

What is Intuitive Eating?

Intuitive eating is a way of eating that honors one’s own innate wisdom around food, eating, movement, and internal regulation. It also keeps in mind pleasure, individual needs, personal differences, and accessibility.

Intuitive Eating involves 10 core principles some of which include: rejecting the diet mentality, honoring hunger, making peace with food, and respecting the body.

Research has shown that maternal Intuitive Eating interventions are associated with an improvement in self-regulated eating in children. Restrictive feeding practices on the other hand interfere with a child’s own ability to self-regulate around food.

Children need to learn to eat intuitively from a young age and parents/caregivers play a vital role in helping them learn to do so.

Follow the tips outlined to the left to help children eat more intuitively each day. Keep in mind, role modeling the behavior you want children to possess is key.