

# NURTURE FOOD & BODY CONFIDENCE (IN KIDS OF ALL AGES)

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## **PRODUCE SECTION FIELD TRIP**

Once a month, go to a grocery store with a good produce section - and pick out a fruit or vegetable that looks appealing to try.

## **CRAFT PANTRY**

Make a space near your food pantry and load it up with crafts/games/hobby-related things. Result: an easily-accessible alternative to bored snacking.

## **NO FOOD REWARDS**

Making foods “special” can backfire and create an obsession with those foods. Perceived scarcity can lead to sneaky behaviors and kids eating more than they are hungry for.

## **More “Junk”?**

“Junk” food tends to be overly sweet, salty, and/or refined. This can make it hard for the body/mind to sense fullness. If your child wants more after having a reasonable amount of “junk” food, I suggest a dialogue like this:

*“Sure, you can have more xyz if you're still hungry - but first, let's make sure your body gets some real fuel. Lets have some protein, a fruit/vegetable, and drink some water. That way, you're getting the nutrition your body needs. Then, have more xyz.”*

What usually happens? Nine times out of ten, the person feels full or doesn't even end up finishing the second serving of “junk” food.

## **DANCE MORE**

Put on some music- whatever makes your kid (or your inner-kid) boogie. Dance is a natural mood booster, increases circulation, and improves mental clarity.

## **YOUR BODY IS SO SMART!**

Your body is always taking care of you - even without you asking it to! Explore this idea with these activities: find your pulse, have a breath-holding contest, try a staring contest, or look for an old scar. Then explain: *“Your body makes your heart beat, your lungs breathe, your eyes blink, and your cuts heal - all on their own. Isn't that amazing?”*