



A positive relationship with food

Having a positive relationship with food can improve mood, self-esteem and body image.

Help your child feel confident in their eating abilities:

- Call foods by their name (apple, cookie, salad, ice cream) instead of labeling them as good/bad, unhealth/healthy, junk/treats. Use neutral words when describing foods like *crunchy* and *colourful*.
- Trust your child to decide if and how much to eat. As the parent/caregiver, focus on your role: you decide what to serve, when and where.
- Show that you eat and enjoy a variety of foods and encourage children to help with simple cooking tasks in the kitchen.
- Talk about our bodies positively and focus on what they can do vs. what they look like.

Looking for more support when it comes to food and nutrition? **Call Health811** –Dial 811 and ask to speak to a Registered Dietitian at no cost.



Help build your child's confidence by celebrating what their body can do

The best way to talk about our bodies is to focus on what they can do, rather than what they look like.

Try talking to your child about:

- How their senses allow them to taste delicious foods, read a new book, and listen to music
- How their hands allow them to draw, their vocal cords to sing and laugh with their friends

Help your child appreciate their body, it is something to be grateful for and to respect!

*Adapted with permission from
Middlesex-London Health Unit*

