



10 Ways *Born to Eat* Parents Can Support Body Trust in *Born to Eat* Kids

1. Talk about listening to and honoring our bodies. For example, if you're hungry, you're honoring your body by eating. If you're full, you're honoring your body by stopping. If you're tired, you're honoring your body by going to bed. If you're eating a food and decide it's not that good, you're honoring your body by not eating something you find isn't satisfying.
2. Compliment each other on things that aren't related to looks or weight. For example, "Miss A, you must really be using your learning skills, your ABCs are great!" Or, "CC you ran so fast in the yard, you must be getting great energy!" It's okay to say a child is cute, pretty, or handsome, but they need to know they're so much more like strong, courageous, smart, caring, capable, etc.
3. Discuss all the amazing things our bodies can do like run, jump, hug, learn, and get energy from the foods we eat.
4. Do not talk negatively about your own body. You are their most beautiful example, regardless of how you feel about your body— own it.
5. Do not talk negatively about others' bodies. Ever. Redirect negative talk about others.
6. Embrace our own unique differences from body shape to food preferences. Some people live in smaller bodies while others live in larger bodies. Some people like asparagus and some people don't.
7. Take care of yourself and have fun. It's the best example a child can have of living a healthy and happy life.
8. Never allow name-calling, especially those referring to one's body, ways of eating, or uniqueness. Stigma around differences in things like weight or looks are learned. They don't have to be.
9. Talk about your own preferences around food and taking care of your body while being open to trying new foods and activities.
10. Make living a healthy and happy lifestyle a family affair.