



Supporting Your Child's Relationship with Food

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About me:
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Agenda

- Healthy eating: *A critical thinking lense*
- Division of responsibility: *Parent's vs. child's role in eating*
- Overcoming eating difficulties: *Overeating, undereating and picky eating*



What is healthy eating?



Where do your ideas of healthy eating come from?



Where do your ideas of healthy eating come from?

What are your current information sources for healthy eating?



Where do your ideas of healthy eating come from?

What are your current information sources for healthy eating?

Does your definition of healthy eating include mental health?

A woman with dark hair pulled back is leaning over a young boy with short dark hair. They are both looking at a laptop screen. The woman is smiling and has her hand on the boy's shoulder. They are in a kitchen with light blue cabinets. A red bowl and a white mug are on the counter in front of them.

Resources for Healthy Eating

[Canada's Food Guide](#)

[HealthLink BC](#)

[Unlock Food](#)

[EatRight](#)

Division of Responsibility

Parents/caregivers and children have different jobs in feeding



A photograph of a woman and a young girl sitting at a table, both smiling and eating from a bowl. The woman is on the right, and the girl is on the left. They are both holding spoons and eating from a white bowl filled with a light-colored food. The background is a colorful, abstract pattern of yellow, blue, and green. The text is overlaid on the image in a semi-transparent grey box.

Parent/caregiver's job is to decide:

What foods are offered

When the food is offered

Where the food is offered

A young girl with curly hair and a headband is smiling broadly while holding a spoon. Next to her, a woman with long dark hair is also smiling and looking down at a bowl of ice cream. They are both sitting at a table, and the background features colorful diagonal stripes in shades of blue, yellow, and green.

Child's job is to decide:

Whether they eat
How much they eat

A woman with dark hair pulled back is leaning over a young boy with short dark hair. They are both looking at a laptop screen. The woman is smiling and has her hand on the boy's shoulder. They are in a kitchen with blue cabinets and a white countertop. A red bowl and a white mug are visible on the counter.

What to eat: Resources for Meal Planning

[Super Healthy Kids](#)
[Budgetbytes](#)

When/Where to eat:

- Eat at regular times
- Offer 3 meals per day
- Schedule snacks between meals
- Eat at the dinner table with family



Feeding Challenges



Feeding Challenges

- Eating too much
- Not eating enough
- Picky eating



Eating too much





Why do you think they are eating too much?



If this assumption is based on weight: Could it be a misinterpretation of normal growth curve?

Health At Every Size (HAES)

Accepting and respecting the
diversity of body shapes and
sizes

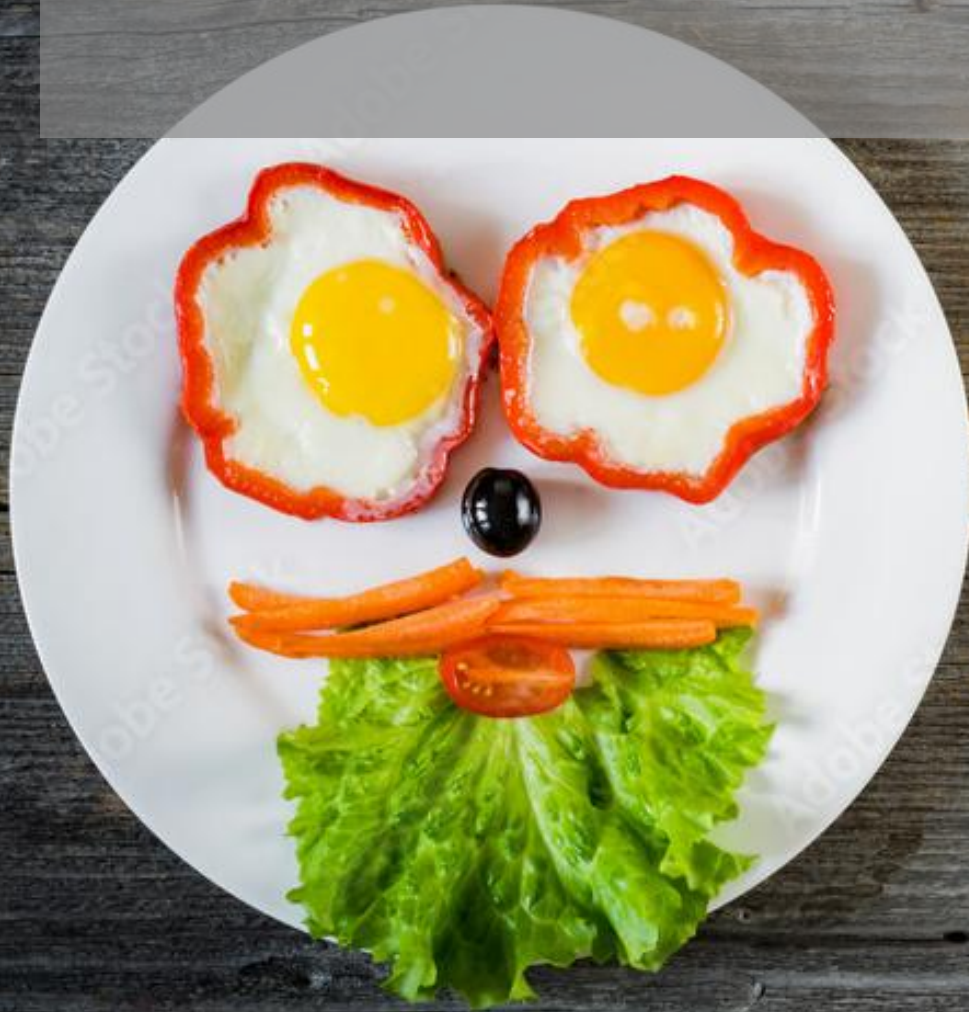
More info:: <https://asdah.org/haes-matters-a-health-at-every-size-model-for-our-children/>



A few things to consider if you are worried
your child is eating too much



Children know how much they need to eat




Children need permission to eat from parents



If children are restricted they will become preoccupied with food





What you can do if your child is eating too much or not enough:

- Have regular meals at regular times
- Have planned snacks
- Don't allow panhandling for food between planned meals and snacks



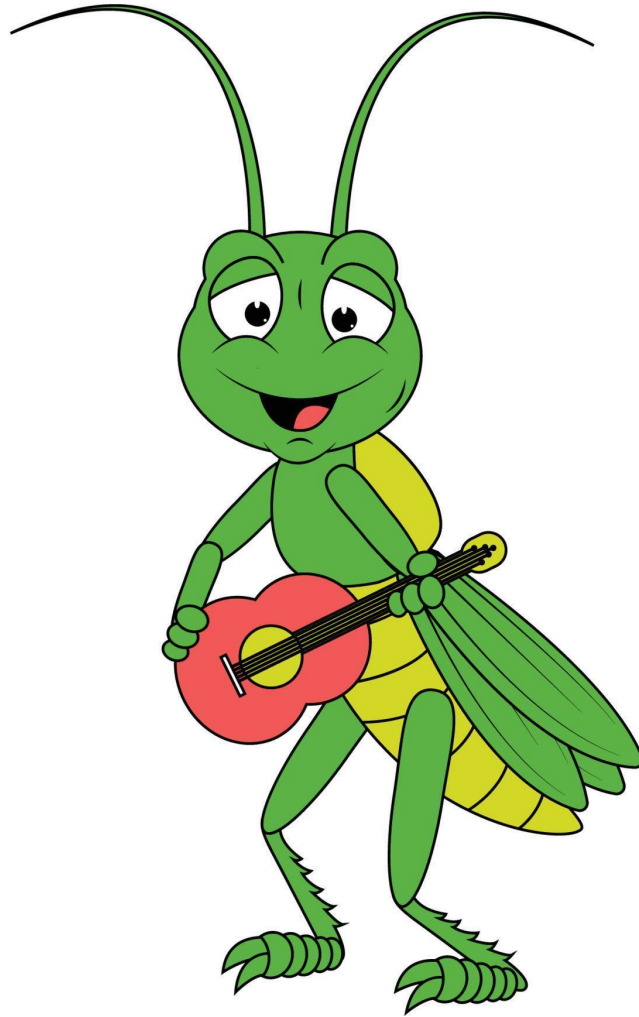
May you need to loosen the reins?

...Or provide more structure?

Picky Eating



Everything is a grasshopper



- Children need multiple food exposures
- Food learning is a lifelong process
- Children need to make a mess
- Children need eating role models
- Sensory skills come into play a great deal





Steps to eating:
Tolerate
Interact
Smell
Touch
Taste
Eat



The 5 Senses Food Play

MANGO



SEE (EYES)

What do you see?

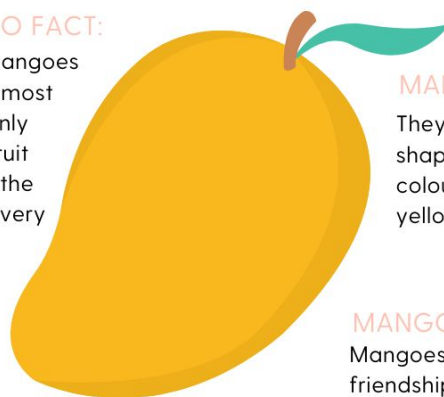
What colour is it?

What shape is it?

bright, yellow, pit, peel, rounded, oval

MANGO FACT:

Fresh mangoes are the most commonly eaten fruit around the world every day!



MANGO FACT:

They come in many shapes, sizes, and colours - red, green, yellow and orange

MANGO FACT:

Mangoes represent friendship



TASTE (TONGUE)

What does it taste like?

Is it hard or soft?

Is it juicy or dry?

tart, juicy, tangy, yummy, fruity, fuzzy



TOUCH (HANDS)

What does it feel like?

Is it hot or cold?

Is it heavy or light?

wet, slimy, smooth, soft, slippery, stringy



SMELL (NOSE)

What do you smell?

Does it remind you of anything?

Does it smell different when we cut into it?

sweet, earthy, fragrant



HEAR (EARS)

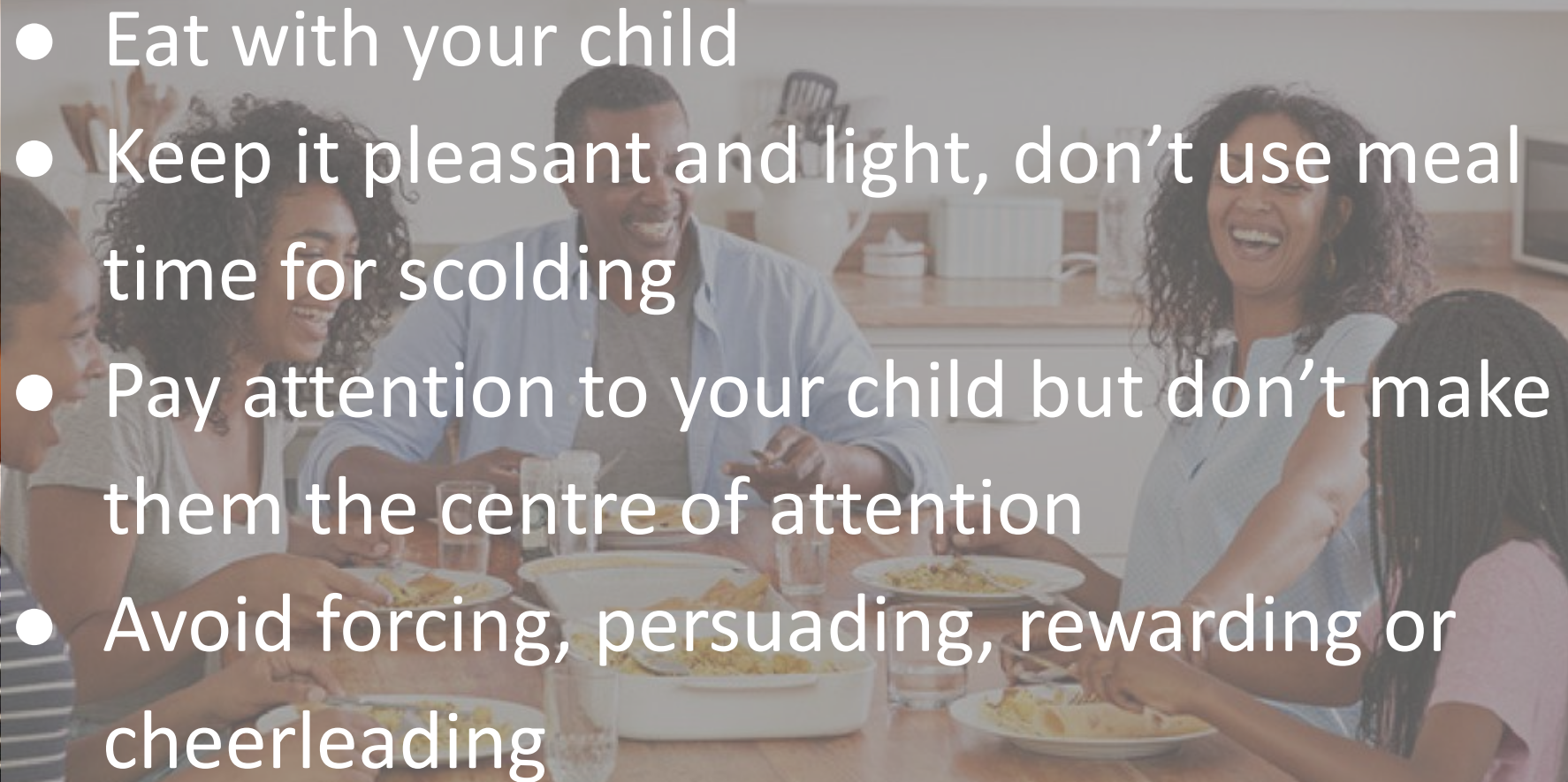
What noise does it make when we cut into it?

What noise does it make when you chew it?

crunch, slurp



At the dinner table...

- Eat with your child
 - Keep it pleasant and light, don't use meal time for scolding
 - Pay attention to your child but don't make them the centre of attention
 - Avoid forcing, persuading, rewarding or cheerleading
- 

Food Chaining: Introduce new foods by leveraging past successful foods

SAMPLE FOOD CHAIN

French fries → Shepherd's pie

French fries

Thin-cut, thick-cut, and waffle fries

Potato wedges with dipping sauce

Baked potato with sauce

Mashed potato with gravy

Mashed potato with meat and gravy

Shepherd's pie

A stack of pancakes on a white plate, topped with fresh blackberries and a drizzle of syrup. The background is softly blurred, showing more of the meal and a glass of water.

Resources:

Mealtimeconnections.com

Just Take a Bite: Easy, Effective Answers to
Food Aversions and Eating Challenges

Ellynsatterinstitute.org

National Eating Disorder Information
Centre (NEDIC)

Normal eating

“Normal eating is going to the table hungry and eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it -not just stop eating because you think you should.

Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food. Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.

Normal eating is mostly three meals a day, or four or five, or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful. Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be undereating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating.

Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life. In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings.”

-Ellyn Satter

Questions and Discussion



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