

FOOD ROLE MODELLING

- Do promote / role model health and wellbeing independently from a focus on weight and physical appearance.
- Do talk with your daughter about the importance of food for growth, schoolwork, mood, sports, drama, hobbies etc.
- Do role model your own “healthy” relationship with food and exercise.
- Do provide a structure for meals and snacks, and available and balanced options.
- Do cook food together and enjoy family meals where possible and aim to keep these as relaxed as possible.
- Aim to facilitate activities and relaxation that are distinct from snack and meals times e.g. pre-homework.
- Do take a neutral approach when speaking about food.
- Do encourage your daughter to check in with and honour their hunger and fullness cues and normalise that these will vary and be different to their friends. *Practical hunger
- Do encourage your daughter to be critical of the information that she read online especially around “health” and nutrition. Couch nutrition information in positive terms and resist the pressure to over do it.
- Do educate your daughter that there’s no such thing as the “perfect” diet, and on the dangers of dieting, especially fad diets and how to spot them.



FOOD ROLE MODELLING DON'TS

- Try not to label foods as “good” or “bad”, “junk”, “treats” or “rubbish” or you’ve been “good”, “naughty” or “disciplined” or something to “earn” or “burn”.
- Avoid talking about dieting / calories or the things that you’ve cut from your diet.
- Try not to refer to a certain food as causing weight gain like “*that will make you gain weight*”.
- Avoid making comments on food intake at the table like “*you don’t really need that*”, “*do you really want that*” or “*I think you’ve had enough of that now*” or comment on “bigger” or “smaller” appetites or make teasing remarks about bodies or food.



FOOD ROLE MODELLING DON'TS



- Try not to be part of the clean plate club or withhold dessert. This can encourage teens to override their innate hunger and fullness signals.
- Avoid using scare tactics to encourage more nutritious eating habits like “*that will give you cancer*” or “*that will give you diabetes*”. These tactics have been shown to be ineffective.
- *Try not to make it all about food*

I don't want to be made to feel worse for overeating, it just makes me feel even more shameful when I'm doing it for a reason. When I'm told I'm bad I only want to eat more to push down this feeling.

When people say a food is “bad” and you shouldn't eat it, you don't actually get to taste that food. You just taste rebellion, and that rebellion tastes sweet.

BODY IMAGE ROLE MODELLING

- Do model that you accept your own body.
- Do show acceptance for different body shapes and sizes and celebrate body diversity.
- Do help your daughter see the importance of taking care of her body for example, through food, movement, hygiene, connection and seeking support, sleep, caution with screen time etc.
- Talk about and normalise puberty.
- Do help your daughter foster self-esteem and self-respect. You can do this through emphasising what you appreciate about her character and skills rather than her appearance.
- Do teach your daughter about media and marketing literacy including exposure to only one ideal of beauty and help them to broaden out their definition of beauty.



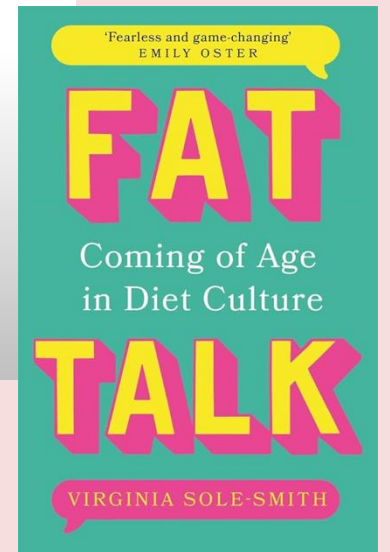
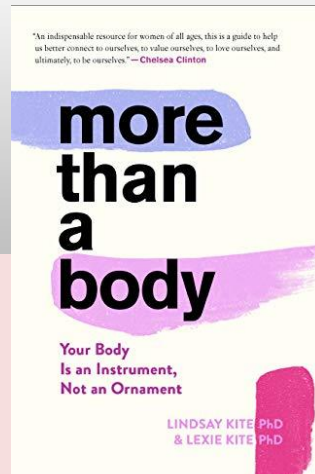
BODY IMAGE ROLE MODELLING – DON'TS

- Avoid commenting negatively about your body or bits you'd like to change.
- Avoid commenting on their friend's bodies e.g., “*the tiny one*” or the “*bigger*” one.
- Avoid commenting negatively on strangers' bodies in the streets or make judgements about others food intake.
- Avoid making your daughter's appearance the most important thing about her.
- Don't avoid important conversations around media literacy and social media.
- Don't brush off your daughter's concerns, if she says, “*I look fat*” be cautious about replying “*you look fine*”.
- Do let your daughter know that you are there whenever she would like to talk.





selfie [sel-fee] *n.* (informal)
a photograph that one has taken of oneself





FOR MORE INFORMATION

- You can find out more about my work via my website: <https://isarobinsonnutrition.co.uk/>
- You can follow me on social media: @isarobinson_nutrition
- Links & Resources:
 - Selfie Video: <https://www.youtube.com/watch?v=syOpRvD-rnI>
 - Em Clarkson Video: <https://www.glamourmagazine.co.uk/article/em-clarkson-video-editing>
 - I'm fine video: <https://www.youtube.com/watch?v=ReetOU7BrAA>
 - The cost of beauty: <https://www.youtube.com/watch?v=2ngESNoacxM>