

What Is Your Feeding Style?

The way you parent directly affects how your child builds their relationship with food.

Types of feeding styles

Authoritarian: "strict"

- Food is looked at as "good" or "bad"
- Not listening to child's likes and dislikes

"You better clean your plate"

"You have to eat it because I said so"

Permissive: "relaxed"

- Letting children do what they please
- No limits to behavior
- Rewarding with food

"If you eat your broccoli we can get ice cream"

"Behave and we'll go to McDonald's"

Uninvolved: "hands off"

- No planned meals or routine food shopping
- Having kids eat in front of the TV

"Here's 5 dollars go to the store"

"She doesn't like those things"

Authoritative: "good limits"

- Setting good limits and letting the child choose
- Listening to child's likes and dislikes
- Lots of praise when child tries new foods

"Do you want green beans or broccoli for dinner?"

"Thank you for trying a new food today"

Emotional eating

- Tends to prefer restricted foods, such as fried foods, cookies, and chocolate.
- Ignores the signs for when they are hungry or full
- More likely to gain weight too quickly

Extreme picky eater

- Eats less fruits, veggies and dairy
- More likely to gain weight too quickly

Compulsive overeating

- Anxiety for when food will be available next
- Eats less fruits, veggies and dairy
- More likely to gain weight too quickly

Adventurous eater

- Has good feelings and more freedom around meal times
- Better communication skills
- Eats more fruits, veggies and dairy
- Less likely to report depression, anxiety or drug use later in life

What could happen

Intuitive Eating

What is Intuitive Eating?

- Intuitive eating is when you are able to listen to your body and be more aware of when you are hungry or full.

What are the Benefits of Intuitive Eating?

Intuitive eating can:

- Help with your child's self-esteem
- Teach them about boundaries
- Let your child enjoy many types of foods
- Helps with balanced eating
- Lowers the risk of unhealthy eating habits later on in childhood



How to Raise an Intuitive Eater

As a parent, you are only responsible for meal timing and serving many types of healthy foods.

- **Expert tip:** Once food is in front of your child, don't say anything. It is no longer in your control how much or whether your child eats. It is their responsibility.
- **Just remember:** Offer at least 1-2 choices your child will enjoy at meal time.

Talk to your CHN nutritionist if you have more questions!