

Frequently Asked Questions

How do I avoid offering food to regulate children's emotions?



Food should not be used as a reward or as a punishment. This will help separate food from these feelings.



Helps children label their feelings and give them coping strategies.



Do not cheer up children with food and try not to use food as your "fix" to a bad day.



Try not to celebrate with food.



Have children identify how they know when they are truly hungry.

How do I avoid screens during meals?



Eat meals at a table away from televisions and computers.



Turn off televisions and computers while eating.



Have a designated space away from the table for phones and iPads during mealtimes.



Use meals as a time to talk about each others day.



Talking during mealtimes is a great way to bond as a family