



# 5 Tips for “Mothering” Self & Children

1. Consider your goals/higher purpose - e.g. are you more concerned about the quality of food your child is eating or quantity? **List Your Goals here.**

2. Make mealtime enjoyable - if you're stressed, your kids probably are too. If everyone's having fun and enjoying each other's company then your kids are more likely to eat.

**What are some enjoyable things you can introduce at mealtime?**



3. Let go of your NEED to get your child to eat. Power struggles over eating are very common because it's one of the few areas your child has control (it's a bodily function). The more you try to control your child, the more they will resist.

**Do you try to control the NEED for your child to eat? If so, where and what can you do differently next time?**

4. Get comfortable with “hungry.” Many parents struggle to allow their children to experience hunger pains. Reflect on your reasons to see the fear that’s hidden there. Maybe you had an underweight baby. Maybe you snack at the first sign of hunger so your child should be able to do so as well. Maybe it feels cruel to withhold food because that’s what your parents did when you were little. When kids are hungry, they’re more likely to eat and try new foods. When kids are hungry, it allows them to understand the natural cues their body is giving them and that they can survive the discomfort while waiting for food. This also provides some insight for them into why it’s important to eat at mealtimes because the natural consequence of their decision not to is to experience some discomfort.

**Document your findings and realizations here.**

