



OCTOBER 2022 | UBC ACTIVE KIDS

## October Newsletter



# TRICK OR TREAT x INTUITIVE EATING

With pumpkin flavoured everything creeping into grocery stores it feels as though fall has arrived! While this is a beautiful time often filled with wholesome family gatherings, festivities like Thanksgiving and Halloween can be a stressful time for parents and caregivers who want their children to enjoy all the holiday treats but not overindulge. Read for some tips on how to make the most of the holidays while practicing intuitive eating with children!

## The Intuitive Eating Perspective

Intuitive eating is a self-care eating framework created by **Registered Dietitians Evelyn Tribole and Elyse Resch** based around ten principles which focus on teaching your body to listen, honor and respect what it needs to eat. Some key principles include rejecting diet mentality, honoring your hunger, challenging the food police and respecting your fullness. The goal is to feed one's body based on individual needs.

Data shows, restricting and creating defined food rules for children makes them more likely to eat **more of the foods** parents and caregivers are **restricting**. It is just human nature, when children are told they cannot have something, their desire for the restricted item strengthens.

## Try it at home during Halloween!

### 1. Don't Restrict

Let your kids have free reign on Halloween night! Give them a chance to self regulate their hunger and fullness cues. It may result in some tummy aches but they will discover their limit all on their own!

### 2. Encourage structure

Try giving your kids the option of picking some candy from their stash for lunches and after school snacks. This way kids know it will be consistently available and they won't rush to eat all their candy before you take it away.

### 3. Teach Mindful Eating

Encourage children to be mindful and aware of what they are eating by asking them questions while they eat like, which one is your favourite? if you were creating a candy bar what would it be? This forces children to slow down and savour their food.