

Nourishing Your Family

RAISING CONFIDENT EATERS WHO HAVE A POSITIVE
RELATIONSHIP WITH FOOD AND BODY



TRUST

Feeding kids isn't just about nutrients - it's about **connection, trust and tuning in!**

Food and body trust is about trusting cues like hunger and fullness, and accepting body diversity without judgement. Kids are born as naturally intuitive eaters! External factors like diet culture, pressure to eat, or labelling foods as good or bad can break this trust. Our role is to support - not override - their natural instincts.

FEEDER

As the feeder, compassion is key (for all), consistency (kids thrive on rhythm and routine), and curiosity!

As the parent, you are ultimately responsible for **the eating timetable (when eating happens)**.

You are also responsible for **where** a child eats and creating a positive, pressure-free and calm atmosphere. And of course, you are also responsible for **what** food is provided, ensuring that there's a variety of nutrient-rich foods (and at least one food that each child will accept).

VS

EATER

Children are responsible for **if** they eat, and **how much** they eat. That's it! This helps them maintain food and body trust!

It's not your job to "get your kid to eat" but rather to foster a positive relationship with food.

SCAN ME!



At Centred Nutrition Collective, we are a team of compassionate registered dietitian moms who truly GET it. We're here to support you and your family no matter what the challenge. Feel free to contact us for personalized virtual nutrition counselling:

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