

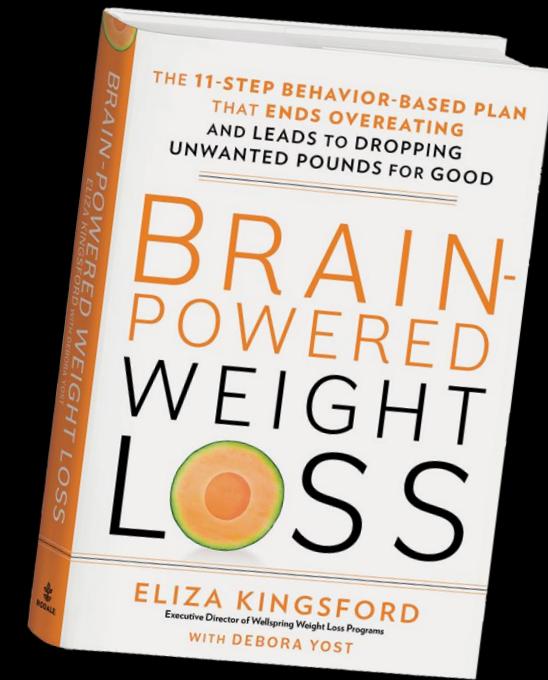


CREATING A
HEALTHY HOME

Eliza Kingsford, MA, LPC, C-NET, C-EFT

WHO AM I?

- Owner, Kingsford Coaching
- Licensed psychotherapist & Mind/Body Practitioner
- Nervous System Specialist
- Former Executive Director, Wellspring
- Author *Brain-Powered Weight Loss*
- Prior Member – RiverMend Health Scientific Advisory Board – Obesity and Eating Disorders
- Featured in: Dr. Phil, Dr. Oz, SHAPE, NBC Health, CNN Health, Mental Health Weekly, SheKnows, LA Times, MindBodyGreen, Authority Magazine
- Mind-Body Practitioner, Energy Work, Holistic Psychotherapist









AGENDA

- Your Lane/Their Lane
- Creating healthy habits
- Do's and Don'ts of food
- Your relationship with food



It's important that we address
healthy nutrition & food behaviors
just like we address anything else
that is important in our kids' lives.



What is the food environment
currently like in your home?

Strained? Easy? Peaceful? Stressful? Avoidant? Connected?



Healthy behaviors start with healthy relationship between parent and child.

YOUR GOAL SHOULD BE TO THINK ABOUT THE ENVIRONMENT YOU ARE CREATING AROUND FOOD/NUTRITION.

- Clean your plate
- Starving kids in Africa
- Because I said so
- A moment on the lips, a lifetime on the hips
- You sure you want to eat that?
- You don't need another snack
- You need to eat more, you're so thin
- You're going to waste away,



Kids have innate abilities to understand hungry and full when they are eating nutrient dense whole foods***

We can help them by not conditioning them out of this knowing. This will help them when they are adults.


STAY IN YOUR LANE

Your Lane

- What
- How
- When

Their Lane

- If
- How much (ish)



Kids have innate abilities to understand hungry and full when they are eating nutrient dense whole foods.



They need our help when it comes
to ultra processed foods.

RRV

Impulse Control

Do's

- Direct back to body awareness
- Model awareness
- Be mindful of who you are being
- Give options
- Set clear guidelines
 - (no watching TV & eating, no cellphones at the dinner table, no snacks before dinner, do drink water or fizzy water)
- Try and be consistent
- Model healthy eating
- Model healthy movement
- Model saying yes and saying no
- Talk about nutrition as nutrition (not morality)

Don'ts

- Police the food
- “earn” food
- Bribe or barter with food
- Do as I say, not as I do
- Armchair quarterback
- Make comments about how much or how little they are eating
- Make comments about their body, others' bodies or your body (you are teaching what is important to you)



They are listening to who you are,
not what you're saying.

What is your relationship with food?



eliza-kingsford.mykajabi.com/bg



Questions?

elizakingsford@gmail.com

www.elizakingsford.com