



### 1. Listen to your kids and pay attention

In our busy world, it's crucial to be in tune enough that when your child says something alarming, even if they seem nonchalant, you are able to HEAR it for what it is...a lie she has picked up somewhere that is very harmful and needs to be addressed.

### 2. Create a safe and brave space for your kids to openly communicate with you

- Ask: Where did you hear that? What do you think the person means? How else can we think about this? How does it make you feel?
- Answer: Be honest and curious, impart intuitive eating and body acceptance beliefs & practices

### 3. Feel your feelings

Diet culture rightfully makes us angry because of the lies we have been inundated with our entire lives, unrealistic and subjective beauty ideals, and the fact that diets don't work and can actually lead to poorer health. When your child shares something they have learned that is entrenched in diet culture, it's okay to feel your feelings. Express your emotions, including anger, sadness and frustration, in front of your child as appropriate. This allows them to see it's okay to have and express feelings with you.

### 4. Take time to process

Particularly when it comes to our children, we may tend to quickly respond in protectiveness and concern. While understandable, taking a day or two to process what your child has told you and your reaction to it can often help with finding a productive approach to respond in a very teachable moment.

### 5. Ask your village to help

While processing, enlist the advice of those you trust and who likely share your beliefs about diet culture, body acceptance, and intuitive eating to help you formulate the response that will move you, your child, and the situation in the direction of healing.

See original post [5 ways to parent through diet culture](#).