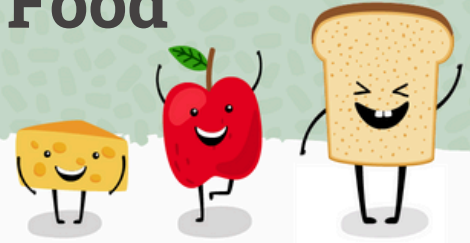


# Dr Kyla's Top Tips for Creating a Healthy Relationship with Food



## 1. Eat as a family, whenever you can

Remember that one adult and child eating together counts as a family meal

## 2. Keep food and emotions separate

Eating isn't something that needs approval or commentary

## 3. Trust everyone to be the boss of their body

No one else can decide how much you need to be full



## 4. Cook for yourself first

Be considerate of your child's preferences, without catering to them

## 5. Talk less about food and bodies

Stay as neutral as you can

# Eating is meant to be enjoyed by everyone



JOIN  
NOW!



I'm Dr Kyla, Paediatric Dietitian and Mum of two. I know that Australian parents need a reliable, practical and supportive service to help them feed their children with confidence and without the stress.

I'd be delighted to invite you to join me, to feel good about mealtimes in your house.

