



Interrupting Unsafe Conversations about Bodies, Food and Movement: At home



[NEDIC.CA/edaw/](https://nedic.ca/edaw/)



**Eating Disorders
Awareness Week
#EDAW2026**

If you hear:

“She doesn’t need seconds, she’ll get chubby if she keeps eating like that.”

Try saying this:

“I feel uncomfortable when we talk about her body like that. I’d rather focus on helping her learn to listen to her hunger and fullness cues.”

Or this:

“If she’s still hungry, it’s okay for her to have more. Let’s support her in trusting what her body needs.”

If you hear:

“He shouldn’t eat that cookie; it’s not good for him.”

Try saying this:

“I know you care about his health, but comments like that can make him anxious about food. Could we talk about how all foods can fit into his day?”

Or this:

“We’re teaching him that all foods can be enjoyed as part of a nourishing diet. Maybe you can ask him about his favourite cookies instead?”

If you hear:

“I feel guilty for eating that – I shouldn’t have had it.”

Try saying this:

“I worry that guilt-based language around food sends the wrong message to the kids.”

Or this:

“Food isn’t something to feel bad about. Enjoying different foods helps us connect during meals and build positive routines.”

Key Takeaways:

- **Trust yourself and your child:** Let everyone choose what and how much to eat from what's offered. Focus on enjoying meals together.
- **Encourage variety:** Trying new foods is a skill that develops over time – patience and consistency are key.
- **Avoid food as reward/punishment:** All foods can fit; we eat for both enjoyment and nutrition.
- **Keep diet culture out:** Be mindful of how you talk about bodies, weight and food. Children are always listening.

