



Emotional Eating



Many of us use food as a reward to either bribe others into doing things, keep the peace or to deal with our emotions.

How many of us have said

“finish your homework or tidy your room and you can have some sweets.”.....

How many of us use food as a way of feeling better.

“I’ve had a hard day and feel sad so I will eat that chocolate bar as it makes me feel better.”

It does for a few seconds then we feel guilty and sadder for eating it....

Start to explore your own and your children’s emotional state . Do you or your children pick up unhealthy foods as a way of making us/them feel better?

Talk about emotions with the children, how they make us feel and how they make us want to behave.

Emotionally connect, with yourself and others.

[Look at the enclosed emotional triggers and eating to help you and your child explore emotions more.]

Try to think of other ways to reward your children for behaviours or achievements instead of food.

Why not try giving coupons to reward children with a favourite non edible activity/treat. See suggested list attached.