

Supporting Children & Teenagers resources

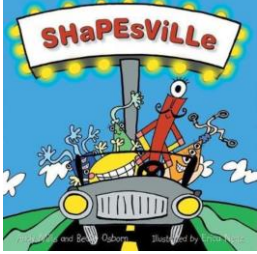
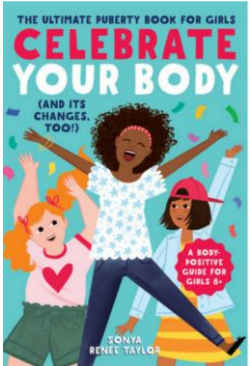
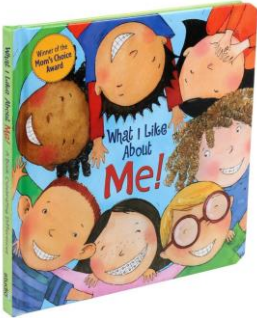
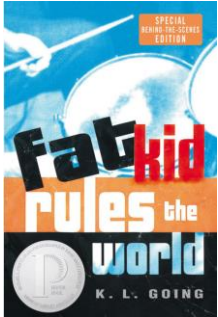
Weight neutral and inclusive approaches to nutrition for children. Supporting children to develop intuitive eating skills, positive body image and recognise and call out Diet Culture.

Contents of document:

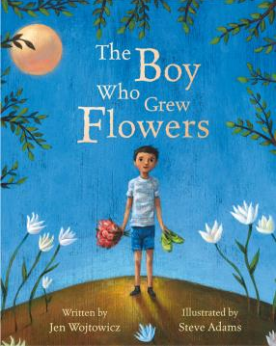
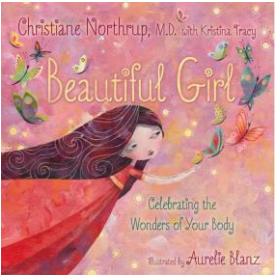

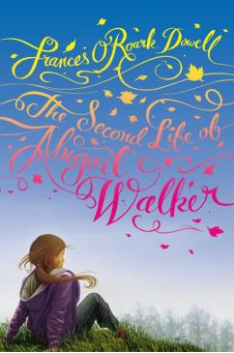
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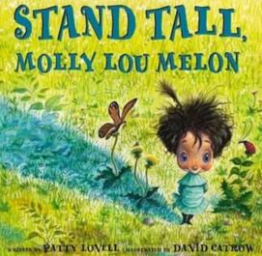
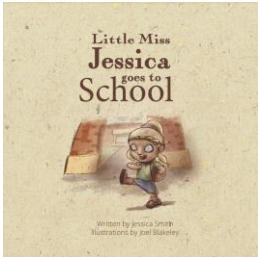
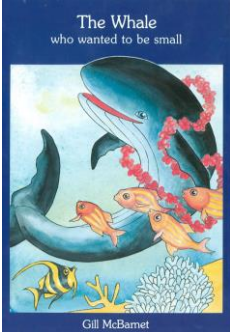
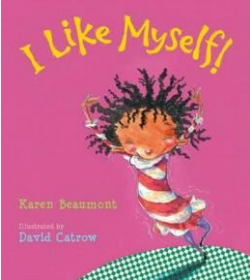
Books

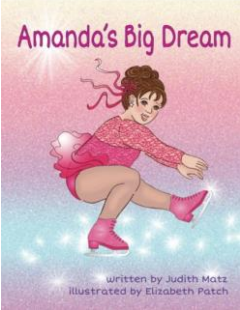
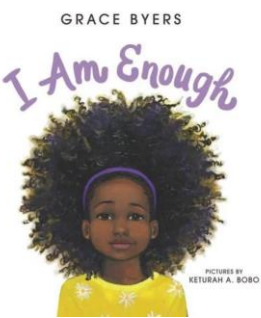
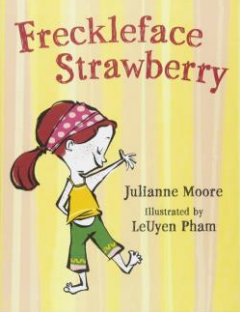
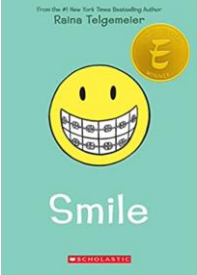
Title:	Author:	Cover:	Age:	Link:
Your Body Is Awesome	Sigrun Danielsdottir		6-8	Your Body is Awesome
Listening to My Body	Gabi Garcia		8-12	Listening to My Body : A Guide to Helping Kids Understand the Connection Between Their Sensations (What the Heck Are Those?) and Feelings So That They Can Get Better at Figuring Out What They Need.

<p>Shapesville</p>	<p>Andy Mills & Becky Osborn</p>		<p>0-5</p>	<p>Shapesville</p>
<p>Celebrate Your Body (and it's Changes too!)</p>	<p>Sonya Renee Taylor</p>		<p>Girls: 10-14</p>	<p>Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls</p>
<p>What I Like About Me!</p>	<p>Allia Zobel Nolan</p>		<p>3-5</p>	<p>What I Like About Me!</p>
<p>Fat Kid Rules the World</p>	<p>K.L. Going</p>		<p>10-17</p>	<p>Fat Kid Rules the World</p>

<p>Diary of a Wimpy Kid: The Ugly Truth</p>	<p>Jeff Kinney</p>		<p>8-17</p>	<p>Diary of a Wimpy Kid: The Ugly Truth</p>
<p>Love Your Body</p>	<p>Jess Sanders</p>		<p>6+</p>	<p>Love your body</p>
<p>A Non-Diet, Body Positive Approach to Building a Healthy Relationship with Food</p>	<p>Elyse Resch</p>		<p>12+</p>	<p>The Intuitive Eating Workbook for Teens</p>
<p>Brontorina</p>	<p>James Howe</p>		<p>4-8</p>	<p>Brontorina</p>

<p>The Boy Who Grew Flowers</p>	<p>Jen Wojtowicz</p>		<p>4-8</p>	<p>The Boy Who Grew Flowers</p>
<p>Beautiful Girl</p>	<p>Christiane Northrup</p>		<p>3-7</p>	<p>Beautiful Girl: Celebrating the Wonders of Your Body,</p>
<p>Wonder</p>	<p>R.J. Palacio</p>		<p>8-12</p>	<p>Wonder</p>
<p>The Second Life of Abigail Walker</p>	<p>Frances O'Roark Dowell</p>		<p>8-12</p>	<p>The Second Life of Abigail Walker</p>

<p>Stand Tall, Molly Lou Melon</p>	<p>Patty Lovell</p>		<p>0-5</p>	<p>Stand Tall, Molly Lou Melon</p>
<p>Little Miss Jessica Goes to School</p>	<p>Jessica Smith</p>		<p>4-8</p>	<p>Little Miss Jessica Goes to School</p>
<p>The Whale Who Wanted to be Small</p>	<p>Gill McBarnet</p>		<p>6-9</p>	<p>The Whale Who Wanted to be Small</p>
<p>I Like Myself!</p>	<p>Karen Beaumont</p>		<p>6-8</p>	<p>I Like Myself!</p>

<p>Amanda's Big Dream</p>	<p>Judith Matz</p>		<p>4-10</p>	<p>Amanda's Big Dream</p>
<p>I Am Enough</p>	<p>Grace Byers</p>		<p>4-13</p>	<p>I Am Enough</p>
<p>Freckleface Strawberry</p>	<p>Julianne Moore</p>		<p>3-8</p>	<p>Freckleface Strawberry</p>
<p>Smile</p>	<p>Raina Telgemeier</p>		<p>8-12</p>	<p>Smile</p>

Websites/Blogs

Company/Title:	Details:	Link:
<p>NEDA:</p> <p>Talking to your Child about Weight Bias</p>	<p>Weight bias is common among children and many times is displayed in bullying, teasing, or even avoidance of peers. As parents, friends, and family of children, it is hard to watch this discrimination and sometimes hard to communicate with the children that no teasing or discrimination is justified. It is also important for children to know that regardless of how they are treated by peers their worth does not come from body size or weight, and that they are loved, cherished, and accepted for just being them!</p>	<p>Talking to your child about weight bias</p>
<p>Comfy Fat:</p> <p>How To Talk To Your Kids About Fat Bodies</p>	<p>“Why are they so big/fat?” Some bodies are big, some are small. The world is full of lots of different kinds of people! Isn’t that cool? Teach them about how great it is that our world is so diverse and full of many kinds of people.</p> <p>Explores being critical of own bias, checking your language, taking moral values about body size out of conversations and explaining simply and with intention,</p>	<p>How To Talk To Your Kids About Fat Bodies</p>
<p>Think or Blue:</p> <p>10 Ways to Get Started with Intuitive Eating for Kids</p>	<p>The top 10 tips of on how to initiate intuitive eating with your kids at meal times</p>	<p>10 Ways to Get Started with Intuitive Eating for Kids</p>
<p>The Full Bloom Project</p>	<p>The Full Bloom Project is a research-informed body-positive parenting resource—designed by parents, for parents. Our mission is to teach parents how to transform their home environment into a place where children can naturally boost immunity to our appearance obsessed culture, so they can channel their precious resources towards more meaningful purposes; in other words, "fully bloom."</p> <ul style="list-style-type: none"> • Intro to diet Culture • Intro to weight stigma 	<p>The Full Bloom Project</p>

Ellyn Satter Institute	Ellyn Satter has devoted her long career to uplifting the mealtime experience. She teaches parents how to transform family meals into joyful, healthful, struggle-free events, free from drama and conflict.	Ellyn Satter Institute
Sunny Side Up Nutrition	Anna and Elizabeth are two registered Dietitians who specialize in family feeding.	Sunny side up Nutrition Blog
Katherine Zavodni Blog	Katherine is a Registered Dietitian and Nutrition Therapist who specializes in kid-feeding.	Katherine Zavodni Blog
The Curious Nutritionist	An open letter to my teacher... Please stop judging and policing the food in my lunchbox	An Open Letter

Podcasts

Show:	Author:	Title:	Details:	Link:
Don't Salt My Game	Laura Thomas w/ guest Sarah Dempster	EP 93: Raising Kids w/ Healthy Relationships to Food & Bodies	Laura + Sarah, a Registered Nutritionist, jump into the world of child feeding + answer frequently asked parents' questions when it comes to raising intuitive eaters.	Raising Kids w/ Healthy Relationships to Food + Bodies
Don't Salt My Game	Elyse Resch	EP 110: Intuitive Eating & ED recovery for the teenager in all of us	Elyse is the co-author of Intuitive Eating and the Intuitive Eating Workbook for Teens. She's a highly experienced Registered Dietitian specialising in intuitive eating, eating disorders and Health at Every Size.	Intuitive Eating + ED Recovery For the Teenager In All of Us
Don't Salt My Game	Laura Thomas w/ guest Sarah	EP 117: The pressure to raise "perfect" eaters	Laura is interviewed by friend and colleague Sarah Dempster about the pressure that parents face to raise 'perfect' eaters, from fertility and early	Pressure to raise perfect eaters

	Dempster		pregnancy onwards.	
Don't Salt My Game	Laura Thomas w/ guest Catherine Lippe	EP 67: How to raise an intuitive eater	Catherine shares her tips for things to look out for and we share a model for child feeding that helps take the pressure off parents, and helps the kid build a sense of autonomy and independence around food.	How to raise an intuitive eater
Going Beyond the Food Method	Steph Dodier w/ guest Jillian Murphy	5 episode series: Intuitive Eating and Body Image for Kids	<ul style="list-style-type: none"> • Ep 1: Competent eaters • Ep 2: Obstacles, Resistance & Nutrition • Ep 3: Understand Appetite, Weight, & How to Help your Child Without Harming • Ep 4: Body Talk • Ep 5: Permission & Discipline 	5 Podcasts link
Sunny Side Up Nutrition	Anna L, Anna M & Elizabeth	All podcasts involve kids & teenagers	Hosted by 3 registered dietitians, Anna Lutz, Anna McKay & Elizabeth Davenport. Most episodes feature another specialist discussing the world of kids and teenagers navigating healthy food and healthy relationships with food.	Sunny Side Up Podcast
Feeding Humans Podcast	Katherine Zavodni	All podcasts involves kids	Dives deep into what it means to be human—our complexities and flaws, our elegant physiology, our absolute uniqueness, our rich lived experiences. This podcast will help you find peace with yourself, parent with confidence, and raise confident kids who trust their bodies.	Feeding Humans Podcast
The Podclass	Elizabeth & Dr. Shelly Russell	Weight Neutral Health Promotion in Schools	Elizabeth and Dr. Shelly Russell-Mayhew, a psychologist who researches weight-based issues as a professor at the University of Calgary, talk about weight bias and how to promote holistic health at school. They share how to respond to weight-based bullying and how to make schools more accepting of everyBODY	Weight Neutral Health Promotion in Schools

Webinars/Videos

Author:	Title:	Details:	Link:
Kristen Scher	Embodied Kiddos	https://www.youtube.com/watch?v=WK7VYZ_hJc4	https://www.embodiedkiddos.com
EDRDPRO	Born to Eat: Raising resilient kids in a disordered diet culture	Leslie Schilling, Eating disorder expert and Co-author of Born to Eat discusses how to raise resilient kids in an 1hr 20m webinar.	https://edrdpro.com/born-to-eat-raising-resilient-kids-in-a-disordered-diet-culture/ Handout: https://edrdpro.com/wp-content/uploads/2019/08/Facts-and-Concerns-About-BMI-Screening-Surveillance-and-Reporting.pdf

Online Courses

Company/Title:	Details:	Link:
London Centre for Intuitive Eating	Help parents build competent eaters who can navigate a complicated food environment without losing their shit around food as soon as they fly the nest.	Raising Intuitive Eaters
CEED	Involving Families in Recovery from an Eating Disorder: Building Hope – Collaborative Carer Skills Workshops	Seminar

EDV	Collaborative Care Skills Building Workshop (CCSW) with Janet Treasure	CCSW workshops
EDV	The Carer Coaching Program by Eating Disorders Victoria is an 8-week, 1:1 online coaching program for families with a young person who has been newly diagnosed with a restrictive eating disorder.	EDV Carer Coaching Program

