

Presentation Notes

Promoting a Healthy Relationship with Food: The Role of Behavioral Health Providers

Basic Do's and Don'ts

Do Behaviors

Thoughts

Stimulus Control	
Exposure	
Parent Role in Div. of Responsibility	
Child Role in Div. of Responsibility	
Address Parent Barriers to Implementation	
Evaluate Readiness for Change	
Engage in Rehearsals & Experiments	
Address Parent Guilt: withholding "good stuff"	
Address Parent Fear of Child Rejection/Tantrum	
Teach Replacement Behaviors	
Family Style Serving of Food Groups	
Intuitive Eating via Parent Modeling	
Table talk mealtime communication	
Promote enjoyment through active play	
Take emphasis off food	

Don't Behaviors

Thoughts

Use Food as a Reward	
Use food to soothe older children	
Regress in how you soothe feelings (eating, sleeping, restroom)	
Require children to choose between a good & bad choice	
Use artificial comments	
Bribe kids to eat	
Coax kids to eat	
Define what they do/don't like forever	
Emotionalize food	
Try to convince kids of food's health benefits	

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