

If You Want Your Kids To Eat Healthy Watch This

3 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ET401CG2GB0](https://www.youtube.com/watch?v=ET401CG2GB0)
<https://www.youtube.com/watch?v=et4o1Cg2gb0>

SUMMARY

Parents often struggle with controlling their children's eating habits, but it's essential to recognize that they cannot force their kids to eat healthy. Instead, they should focus on creating a supportive environment and examining their own eating behaviors to model healthy habits. This approach involves creativity and collaboration in exposing children to a variety of healthy foods.

- Parents should release the need for control over their children's eating habits.*
- Each child has their own natural preferences for food, which should be respected.*
- Healthy eating starts with parents modeling good habits and aligning their behaviors with their messages.*
- Parents need to examine their own relationship with food and any potential addictions.*
- Exposing children to healthy foods requires creativity and effort, such as trying different cooking methods.*
- The conscious parenting approach encourages trial and error with food, allowing children to explore various flavors.*
- Parents must be willing to invest time and energy into changing their children's eating habits.*
- Collaboration between parents and children can make healthy eating more enjoyable and less restrictive.*

parents have such a concern about making their kids eat healthy so the first thing I say to parents is you can't make your kids to anything so first release control because when you have this desire to control your children and control their palate it all begins with this ideation that the parent has this delusion that they can make their kid do anything so first let's end that you can't make anyone do anything our kids come in to

this life with their own palate some kids love spicy food naturally some kids love sweet food naturally now there are ways that you can help your kid be exposed to healthier food one of the most obvious ways is controlling what enters the house you create the conditions for what enters the house but in order to do that your diet needs to be healthy your relationship to food needs to be aligned and consistent with what you're telling your children if you

tell your children that alcohol isn't good for health too much sugar too much flour but then you are devouring wine at a party or getting drunk every night that's going to feel extremely hypocritical so own your own eating habits own your own addictions almost every parent I know has some sort of eating addiction so I ask parents to examine their own Liza how do they exercise how do they love their body when they look in the

mirror are they constantly deprecating are they constantly celebrating all these things are related to healthy

eating then your healthy eating doesn't just happen on the plate on the dining table healthy eating is a consciousness it is something that is embodied it is breathed it is lived and then here's the real hard part that parents kind of don't want to do or face exposing your children to healthy food options requires a great amount of creativity

innovation and hard work on your part you know most of us were raised traditionally where the parents controlled us we controlled what we had when we ate how we ate and if we didn't like the food too bad we had to go to bed hungry we wouldn't get another option many of us grew with phobia stored food or great antipathy towards certain kinds of food because our parents simply told us eat this or you get nothing the conscious parenting

method disposes a different way it challenges the parent to expose the child to different cuisine and different flavors by trial and error this requires that the parent may need to make Brussels sprouts in six different ways there is a way to have your children participate in their own diet but you need to be part of that you need to create that atmosphere where the two of you understand together that while some foods are not as tasty as a ice cream or

brownies we can still together experiment and try different ways to make the food more palatable it requires work from the parents so if you're going to complain about your children's internet examine whether you're willing to put in the work to help change it [Music]