

Eating Matters

Empowering Children to Eat Healthily

When you are concerned about your child's eating habits or that they are putting on weight, it can be a worrying and confusing time. With such a multitude of conflicting advice available, it is not easy to know what to do. Using the latest nutritional research, this session will cut through the jargon and hype, and make it very clear what good parenting in this area means. You will be given a wide range of practical tips and advice for you and your children to eat smart and be healthy.

Session Outline

- The effects of unhealthy eating
- Definition of an unhealthy weight
- Psychology of emotional eating
- Latest research to ensure that your child has a healthy weight:
- Easy practical tips to encourage healthy eating
- How to get your child moving more
- How to encourage a positive emotional approach to food
- How to prepare the same foods with less calories
- How to deal with fussy eaters

Session Includes

Personal attention and feedback in an informal atmosphere

Reference to further resources

Open forum to ask questions



Speaker: Tracey Bennett

Tracey gained an MSc (distinction) in Obesity and Weight Management and has worked as a nutritionist in schools and after school clubs. She also has a first-class degree in psychology which has helped her to understand the addictive nature of overeating and how to tackle this. She feels very passionately about childhood obesity and has given talks and workshops about this subject as well as conducting research and writing blogs. Tracey has spent many years volunteering for different organisations that help children and at present works at Childline.