FAMILIES Video Three © RDN Academy 2017 **APPLICATION** ➤ Outpatient ➤ Private Practice Families I Video Three

CHALLENGE	
 One member of the family usually is the most excited about the process 	
➤ Challenging schedules	
"I don't want to deprive my child"	
➤ One or both parents using Intuitive Eating as a faux	
diet for their child(ren)	
Families I Video Three	
WORKING WITH YOUNGER POPULATION	
➤ This may be a new population for many	
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QUESTIONS QUESTIONS TO ASK CAREGIVERS ➤ How are diets treated in the home? ➤ How is body image addressed? ➤ Who is in charge of planning, shopping, prepping, cooking? ➤ What do meal times look like?

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QUESTIONS FOR TEENS, ADOL, CHILDREN	
➤ Questions will need to be modified based on age	
➤ Teens: Messaging, how they would describe meal times (B, L, D)	
Children: Favorite foods, what they like about food, have them describe meal times	
➤ All: What characteristics of food do they enjoy most (i.e. aroma, texture)	
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MEAL TIMES	

MEAL TIMES	
➤ Get the entire family involved	
 Give suggestions; but allow the family to collectively decide 	
➤ Sit at the table (when able)	
➤ Meal time rituals	
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MEAL TIME	
MEAL TIME ➤ Look at meal time routines	
 Look at meal time routines Are they counterproductive to Intuitive Eating? What new habits can you help the family establish that 	
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CASE STUDY CASE STUDY ➤ Family of four ➤ Caregivers: Jamie & Morgan ➤ Children ✓ Taylor (17) ✓ Jordan (12) ✓ Bailey (6) Families I Video Three

MORE INFO	
➤ Jamie is meal planner and preparer; except one night per week	
➤ Morgan does most of the grocery shopping	
➤ Taylor: participates in drama club (1 x per week)	
➤ Jordan: Piano (1 x per week)	
➤ Bailey: Gymnastics (1 x per week)	
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WHY THEY WANT TO LEARN INTUITIVE EATING	
 Morgan diagnosed with Pre-Diabetes and wants to build a healthy relationship with food (lifelong) vs meds/CHO counting 	
➤ Jamie feels like she eats on autopilot and is frequently driven by stress	
➤ Both agree that it will serve the children to learn IE	
now	
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MORE INFO	
➤ Take out for dinner 1-2 per week (usually around the children's activities)	
➤ Want to learn planning techniques	
➤ Slowing down at meals	
➤ How to have dinner be a peaceful, family oriented	
environment	
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66 What would you do with this family?	
What would you do with this failing:	

APPROACH	
➤ Pick a day when you decide what day you will plan/ prep	
➤ Meal time rituals	
➤ Let each person control their own experience (as able)	
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INDIVIDUAL EXPERIENCE	
➤ Assess hunger individually	
➤ Assess timing of meals	
➤ Allowing everyone to plate up their own food	
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Since they are coming to you for Intuitive Eating, you can work through the entire process.



EATING DISORDERS

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