



## Involving the Whole Family

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Another core message that I really enjoy bringing into my family and when I'm working with families is thinking about "every day foods" and "sometimes food". Everyday foods are the foods that still look pretty much like they do when they come out of the ground. So your salads, your vegetables, and meats that are unprocessed. These are your everyday foods. You'll see them in the Canada food guide. Think about these as the foods you should be choosing every day. And then there are the other foods which are more processed: candies, chips, those foods are the ones that are sometimes foods. They're not an everyday consumption. I think if you can get that language into your mind it takes away that notion foods are good or bad.

There's no real thing as a good or bad food (unless it has horns and it's kinda look at you funny). Those foods aren't good or bad it's just the pattern of using them that's the problem. So try to think more neutrally about foods. I've brought that language into my family. My children don't see candy as a treat when they're good. So I correct them when they use that language. They actually say, "I suppose Mum that I'll have the sometimes food today but I won't have any tomorrow." We can use that as a way of just helping them to choose healthier foods.

So in summary I think you know what I'm saying here. After you've had your baby I would encourage you to have a thought around what feeding practices work for you. If you can choose breast feeding do. If you can't or it's not something that you want to do there is formula feeding. But there are best practices in the way that you formula feed. And then once you go on to actually introduce first foods think about yourself as a role model. Try eat what you want your child to consume. If you're trying to incorporate healthy practices involve the child in it. Children love getting their hands stuck in. That's a sure fire way to help them see food as something that's a joy and and that they can enjoy every day. Healthy options don't have to be punishment! If you can do those things the rest falls into place.

Similarly with physical activity, try to keep up your steps and after you've had your baby and get out with your stroller and into the local parks. Once your children are bit more mobile encourage them to be mobile as well. Again you're the best role model. Your children will grow up to look at you and your patterns and that's such a positive thing. It's a lovely thing to be able to help a child grow into having healthy relationships with food and physical activity. I encourage you to keep up the good work and all the best with the changes that you're going to be making once you've got your little person in your life.