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Virtual Parents' Night out Event

February 3rd
6:30pm-8:00pm
Click [here](#) to register

The Zoom link will be emailed to registrants closer to the event date

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If you have any questions, please contact Tanis Anderson, District Vice Principal, Early learning at tanderson@sd40.bc.ca

Creating a Positive Relationship with Food and Movement

There are so many messages in our society around what we should be eating, what to feed kids, how much to exercise, and how we should feel about food and bodies. This presentation will help to understand where these messages come from, how they impact our children and our relationships with food, exercise and our bodies, and what we can do instead to support children and youth's well-being. We will talk about what it means to be a competent eater, and reduce the worry and stress around feeding by outlining parents and children's roles with eating and feeding, how to help children try new foods, and how to take the battle away from mealtimes. In addition we will look at how to frame movement, and help our kids become physically literate. We will take a compassionate and empathetic approach to equip parents with strategies and resources for helping children and youth develop positive relationships with food, movement and their bodies that will support their life-long well-being.

Presenters: Heather Anderson, RD; Natalie Johnston, MPH

School District 40
District Parent Advisory

