



Your Daily Practice

Episode 6

How To Raise An Intuitive Eater With Sumner Brooks

Step 1. Explore your body shame story.

- How old were you when you first learned that there was something not ok with your body?
- How has that shame influenced your relationship with food and the world?

Step 2. Share your body shame story with someone else, with compassion for self and other.

Step 3. Write down your parenting values.

- What message do you want to model and teach to your kids about food?
- What message do you want to model and teach your kids about their bodies?

Step 4. Take Committed Action by having a conversation with your kids about their body.

Step 5. Take Committed Action by practicing flexibility with your kids around food. Break a food or eating rule on purpose and have a conversation about your experience.