

SOCIAL SITUATIONS

Sticking to your goals in social situations can be challenging. Here are a few scenarios your child may face and some examples of how to help them respond.

Example Scenario:

Food Pushing:

"Did you get enough to eat?
It doesn't look like you ate
enough. Here have more."

Example Response:

Food Pushing Response:

"It looks so good, but I'm okay right
now. Thank you so much for offering."

Birthday or School Party:

"Here have some cake!
It's Johnny's birthday."

Party Response:

"I'm going to pass on cake today,
thank you! Can I help pass it out?"

Social Gathering:

"You have to try this cheesy
dip, you're going to love it."

Social Gathering Response:

"I'm going to save room for
(lunch/dinner), thanks though."

Passive Aggressive:

"Look at you being super
healthy and stuff."

Passive Aggressive Response:

"I don't know about that, but thanks for noticing, I'm
working hard to make healthy choices!"

Ordering Out:

"I'm getting the cheeseburger
and fries, isn't that what you
like too?"

Eating Out Response:

"I do like that, but
I think I'm going to try the grilled
chicken today."

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• A few tips to keep in mind: •

Think Positive.

If possible, try to avoid language such as "I can't have ____" or "I'm not allowed to have ____." Try and use positive language about what foods you CAN have.

Prepare.

Bring a healthy snack to a party or eat before hand so you're not starving and tempted to eat unhealthily.

Don't Be Afraid To Say "No."

If someone is pushy, resist by saying "No thank you." Practice using your voice. It's your choice, and remember, you don't have to eat unhealthy just to please someone else.

Engage.

Holding a cup of water in your hand will help you feel more engaged at a social gathering rather than just watching while others indulge. You can also offer to help the host serve others.

Be Confident.

Smile, say "thank you", and be confident in your choices! It will help others respect & support your decisions.

It's Not Always About You.

Sometimes your healthy choices may make others self-conscious about what they're eating. Try to put yourself in others' shoes, and if appropriate, share with them why you value a healthy lifestyle!