

# EMPOWERED EATERS

[BRINGS YOU]

## SCRIPTS AND AFFIRMATIONS

To eat and live with confidence and connection



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# EMPOWERED EATERS

"Good job, you finished it! I'm so proud of you."

"You asked for more pasta. Now you eat it."

"But look, all the other kids are eating it."

"There are kids dying of hunger in other countries. Finish your food"

**Traditional  
scripts to  
LET GO**

"Be a good kid and clean your plate."

"You're going to get a tummy ache if you keep eating that."

"One more bite for mommy, okay?" "

"Two more bites and then you can go play."

"After you finish your dinner, I'll give you dessert."

"...but I made this food with so much love, just for you."

# EMPOWERED EATERS

## Common scripts we could change

Instead of:

"How do you know you don't like lentils, if you haven't tried them."

"Just two more bites and then you'll be done."

"Don't be rude, at least try it!"

"You've already had too many sweets, no more."

Try:

"Did you know that foods sometimes taste very different from how they look? You can try them and see what you think."

"What is your belly telling you? are you satisfied enough?"

"You could say: no thanks, I'm not in the mood for that."

"There are 3 cookies for each one of you."

# EMPOWERED EATERS

## Scripts to say "No" in a neutral way

(to avoid labeling foods as "good" or "bad")

"It's not time to eat yet, but it will be very soon."

"Right now we need to do (insert your own action),  
we can have that later."

"We just had breakfast,  
we can have that later."

"That's not on today's menu,  
I can make that tomorrow."

"Not today. Thank you for letting me know you really like it.  
I'll always keep that in mind."

"I know they all look really good.  
There's one piece for everyone. Which one would you like? "

"I'm sorry sweetie, going out for ice cream is  
not in the schedule for today. we can go\_\_\_\_"

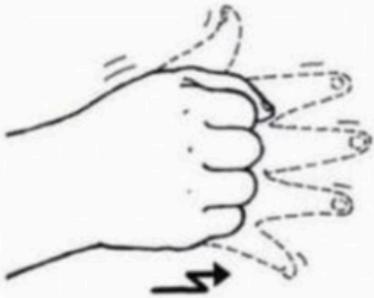
"We have to share.  
Here's your piece."

"I'm sorry sweetie, not today."

"This is for tomorrow. Thank you for being patient."

## Sign language to empower your baby while eating

Milk



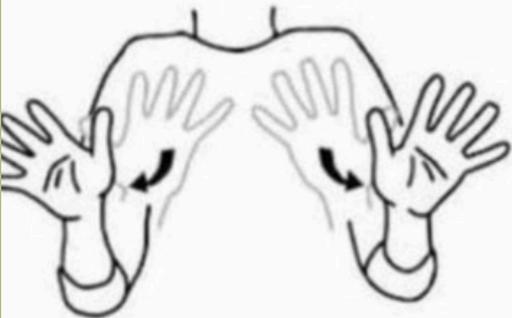
Food/Eat



More



I'm done



Please



Thank you



\*Gross motor skills develop before language skills. For this reason, sometimes it's easier and more practical to start with sign language for communicating our needs.

This is especially useful for children on the spectrum or children with language difficulties.

# EMPOWERED EATERS

## Scripts for when your child likes a new food

(INSTEAD OF SAYING  
“GOOD JOB”)

1

Say nothing  
(since  
it's  
something  
normal)

2

"I see you  
tried  
the \_\_\_\_\_,  
I liked it  
too.

3

"It makes me  
happy  
that it makes  
you  
happy."

\*In order for our children to eat in a connected way , we have to trust their instincts and physiological needs and allow them to eat, without the need to alter them to fulfill or please us, as parents.

# EMPOWERED EATERS

**Teach your child to say the following:**

Respect my decision

You be you, and I'll be me

My body, my decision

**I said no.**  
(when someone insists)

I don't feel comfortable doing that, I  
won't do it.

Stop ! I don't like that

# Affirmations

TODAY IS AN  
OPPORTUNITY TO  
LEARN AND  
GROW



WHEN I SPEAK  
MY NEEDS, I RECEIVE THEM  
ABUNDANTLY



MY FEELINGS DESERVE TO BE  
TO BE IDENTIFIED. THEY DESERVE TO BE  
RECOGNIZED.  
MY FEELINGS DESERVE TO BE FELT.



I RESPECT  
MY BODY AS IT IS  
NOW



I HONOR WHAT  
MY BODY NEEDS  
AND HOW IT  
FEELS.



I ALLOW  
MYSELF  
TO EVOLVE



I STRIVE FOR JOY,  
NOT PERFECTION.



I AM IN CONTROL OF  
HOW I RESPOND TO THINGS  
THAT CHALLENGE ME.



# Affirmations

TODAY,  
I AM GRATEFUL  
FOR HOW  
MY BODY MOVES



ASKING FOR HELP IS  
A SIGN OF  
SELF-RESPECT AND  
AWARENESS



I TRUST  
IN MYSELF AND  
IN MY ABILITY  
TO DO DIFFICULT THINGS



I AM SAFE,  
AND SURROUNDED BY  
LOVE AND SUPPORT



I WILL MAKE THIS DAY  
A WONDERFUL DAY



YO ME  
I AM PROUD OF MYSELF  
AND ALL THAT I HAVE ACHIEVED  
EVOLUCIONAR



I RELEASE THE  
FEARS THAT  
MAY  
FLOW THROUGH  
MY BODY



MY VOICE AND MY  
OPINION  
MATTER



# EMPOWERED EATERS

## Scripts that cultivate body diversity

### RESPECT

All bodies are worthy and deserve to be treated with respect.

### NEEDS

All bodies are unique, that's why everyone's needs are as well.

### SINGULARITY

We all live in bodies of different sizes, shapes and colors.

### WORTH

There is no such thing as bodies being better than others, they're all worthy.

# EMPOWERED EATERS

**Instead of saying “I didn’t like it”  
(or saying nothing and continue eating)**

**Try this:**

"Although this looks delicious,  
I'm used to other textures and tastes".

"I'm sure this is delicious to most people, however,  
it's not a taste I personally enjoy"

"Thank you for making this dish! I'm learning to  
expand my taste preferences, and I'm not a fan of  
this particular flavor yet.

"It's very kind of you to offer!  
I have a sensitive palate and this is not a taste for me.

"You know I truly admire your culinary skills and while I'm very  
grateful for this meal you prepared, it's not a taste I personally enjoy."

# EMPOWERED EATERS

**Instead of saying "I didn't like it"  
(or saying nothing and continue eating)**

**Try this:**

"I've tried it, I'm fine for now and don't want any more.  
Thank you very much."

"I'm still satisfied with what I ate.  
Thank you for offering!"

"I appreciate your effort very much, at the same time,  
I want to honor my \*preferences"

\*You can also use: my body, my taste, my bodily signals.

Children 3 and up: "It's not for me, thank you".  
"I don't like it yet" "I'm learning to like it."

Infants and toddlers: "No thanks" (or simply "No").

# EMPOWERED EATERS

## THANK YOU FOR BEING HERE

I'd to thank you for being part of the 'Empowered Eaters' community and for taking the steps to grow and become better parents (also better eaters) every day!

By learning and supporting our bodies and intuition (and our children's), we'll raise a generation that doesn't have to heal their relationship with food or their bodies.

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