

# Episode 34. Kids and Food, Exercise and More

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## SUMMARY KEYWORDS

foods, eat, parenting, body, kids, healthy, treat, grew, talk, episode, vegetables, children, vegan, gag, family, careful, sport, interesting, candy, totally

## SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian

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- K** Kira Dorrian 00:03  
What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting?
  - D** Deana Thayer 00:09  
I'm Deana Thayer,
  - K** Kira Dorrian 00:10  
and I'm Kira Dorrian.
  - D** Deana Thayer 00:11  
Welcome to Raising Adults, a podcast about Future Focused Parenting.
  - K** Kira Dorrian 00:16  
Hi, everyone. Thank you for tuning into today's episode. We just wanted to say a huge thank you to our listeners. We're kind of rounding out the season. Now we've got a couple

more episodes. Our final episode we told you before was going to be at the end of May; we were wrong. Our final episode is the first Monday in June. And then we will be taking some time off until after independence day here in the States. And so today we are going to talk about health and nutrition. And how do we foster good habits in this area with our children? What are some things that we've seen are working or have worked in Deana's case? And what are some things maybe that I wish I'd done differently? Let's be honest. We all know I have chicken nugget children. So I'm assuming. Did you want to start?

**D** Deana Thayer 01:00

Sure, yeah, I have a pretty interesting why on this one and it was to do with my own childhood. I actually had great body image growing up. But I did not eat healthy and it was just, that was just very much the culture, I do not at all blame my parents. It wasn't like, they were proponents of junk food. I always had really healthy dinners and I was in sports and, and all of that, but it was just I mean, I remember eating some ding dongs. I'm not gonna lie. It was totally Cheeto time.

**K** Kira Dorrian 01:30

It was the 80's. Do you remember the Ninja Turtle pies? They were like these little pastry things and inside kinda like a cherry pie. But inside was like green pudding.

**D** Deana Thayer 01:40

No way.

**K** Kira Dorrian 01:40

Oh, yeah.

**D** Deana Thayer 01:41

Okay, I don't remember that. But I do remember those Hostess pies. I mean, I just remember a lot of junk. And I survived, and I didn't ever feel shamed about that. Because I was active and busy. It was fine. But I did have a friend, a close friend who was anorexic. And so I watched what can happen when there's too much focus on what's healthy. And, and this gal was from a family that really emphasized it. And so it really, really kind of brought home for me, even as a young, I was maybe in middle school, just wow. So there is a way you can go too far the other way, because I knew I was eating junk. And it was fine because I go do sports 87 times and whatever. But what I saw was, wow, some families

who care about that.... I wonder if that can go, I remember having questions about it, I wonder if that can go too far, then. And again, those are the kind of anxiety disorders that are certainly not a parenting mistake's fault. You know, it's not something you did or didn't do, necessarily, but it, I just remember thinking about that even at a young age. And also I'll be honest, as a young lady who was a gymnast, I was in a sport that very much focused on your body and your physique. And I was told more times than I can count that I was too tall to be a gymnast, and that I wasn't petite enough. And I will have to say never by my own coach. She was amazing and affirming and wonderful. But I heard it a lot because I wasn't four foot nine and 80 pounds that just was not ever me. But so my why came a lot from those younger years. And then as I went into parenting, I was like, okay, so I actually have an opinion about this now. And I will be honest, I did not steer my kids toward gymnastics. I let them do it recreationally. But I never encouraged or hey, do you want to try out for the team? Nope. And I'll be honest, that was on purpose. And I also have tried to talk a lot about healthy food, but never as it relates to how you'll look. And the other thing I was very careful about was not, oh, you look skinny, but things like, don't you feel great when you exercise because you feel so strong? So my vocabulary was very important to me. And that could be because I'm a word nerd anyway, but I'm just saying for me, a lot of times our listeners will hear me talk about communication, but I think it's huge. And the kind of vocabulary we use around our children matters. And so I was careful with my words because of what had happened when I was growing up and the sport I was in and all of that. So that was long winded. I took a turn being long winded. But hopefully it made sense.

K

Kira Dorrian 04:06

I think it did. And I actually totally agree with you. And I'm not a word nerd. The vocabulary was huge and continues to be huge for us. And my why is that I have had a weight problem since I was six. And my mom always had a weight problem since I was born. And I think there's so much in this conversation that's about modeling. Because I remember being eight years old, my mom was always on a diet. And I was eight years old, and I said, can I do it with you? And she said, sure. And I went on a diet at eight years old, and it was just totally modeled for me. You know, this is what you do. It's important to be thin, we care how it is, and it's not like she cared how I looked. She didn't say you need to go on a diet, but she cared about how she looked and was constantly shamed, body shaming herself, and that was just super modeled for me. And then you combine that with being a child actor. And I mean, I cannot tell you the years of therapy that it has taken to even begin to unpack being a child actor, and having, you know, parents say to their kids all the time, don't care what people think about you. It doesn't matter what people think about you. That is an industry where it 100% matters what people think about you and whether you get the job or not, is 100% dependent on what they think about you and half

of what they have to think about you is how do you look? Do you look like the other character that's supposed to be your sister? Do you look right height wise, which was always an issue for me because I'm not four foot nine, but I'm four foot 11 and a half. So the, it was so much about looks even when it wasn't about weight. It was so much about looks and so much about actually having to care what other people think. You combine those two things. Oh, my goodness, that's a recipe for disaster.

D

Deana Thayer 04:37

Sure.

K

Kira Dorrian 05:53

So I was, when I had my own kids, I was really aware that I did not want, just like you said, I didn't want it to be a thing. And so really, I mean, they're seven and a half years old. I don't think we've ever had a conversation about weight. And I remember when they were babies, I made some comment about my own body in front of a friend of mine. And she just in this offhand loving, no big deal way just said, you know, I wonder like, if they hear you say that about yourself, how it forms their own opinions about what they should think about their bodies. And I was like, you know, and I never said it again. And I talked to Dave. I was like, we will never body shame in front of them. And when they ask about, you know, like my stomach, which is changed from having two babies in there...

D

Deana Thayer 06:44

What a great euphemism....it's changed.

K

Kira Dorrian 06:49

I lie and tell them all the wonderful things I love about my stomach because it grew them and isn't it amazing how the body is able to change in order to bring human beings into the world. Blah blah blah. Because I want the messages over and over and over again to be amazing, healthy. You have a question.

D

Deana Thayer 07:06

I have a question. I love it because when nobody can see that I'm raising my hand. But is that a lie? I mean if they had asked you point blank, do you like your stomach? And you said yes, maybe it would be a lie. But do you not believe all those great things? I mean, you grew a person...

K Kira Dorrian 07:21  
I grew two people! That's a really good point and I appreciate you bringing it up.

D Deana Thayer 07:25  
You grew two people.

K Kira Dorrian 07:26  
Two people at the same time.

D Deana Thayer 07:27  
Do you think it's super cool that like as women. This is a total sidebar, but it always makes me laugh like, I love it that I had a boy cuz like, I grew a penis. I just think that's cool.

K Kira Dorrian 07:38  
That's amazing. I've been there. Um, yeah, so I think that I wanted the messages to always be, I used a lot of the same vocabulary.... strong. Boy, your body's so amazing. It's so healthy. And the one conversation we had, this was really recent. Rhiannon said to me Mommy, am I thin? And I was so glad that I do the questioning thing because I said, why do you ask? And she is, she's super tiny. I mean she is, but it was like you, I didn't, even though she is perfectly healthy and gorgeous, gorgeous body, I never wanted it to be like you're so thin and beautiful. Your body is so gorgeous. I just didn't want to make it a thing. So I said, why did, why do you ask? And she said, well, someone at school said that if you can, if you can feel your ribs, you're thin. And I can feel my ribs. And I was so glad that I asked because it was a totally different question than I thought, right?

D Deana Thayer 08:32  
So worthwhile to check in sometimes with what they're actually asking.

K Kira Dorrian 08:35  
Yeah. And so I said, well, to me, sweetheart, your body is perfect for you. You have exactly the body that you're supposed to have. It's beautiful and healthy and strong. And she was like, okay, and that was, moved on, that was that. But then it did like, later I think something came up about someone who was overweight and she even said something

like, you know, but I love that their body is theirs and it's just right for them. And I was like yeah. But that's kind of the message that I wanted to send over and over again but then it for me it was this like, you know, like, how do I unpack my own stuff around this, my worries and fears for them, make choices that are good for them. And also just yeah, I mean it's a tough, it's a really tough topic. And then I also have, this is like a weird, I guess we're doing weird side notes today, but I have this funny theory. So you know that not all of our listeners may know this, but girl babies... I know you know this, but girl babies grow all their eggs about four months in utero, they have all... so basically you're, when you have a girl baby in your belly, you also have your grandbabies. And yeah, my mom was the firstborn in her family and she was grown in a refugee camp after the Holocaust in a malnourished body, which means I was in a malnourished body and I've always worked, wondered if that's what gave us a predisposition to being overweight? Because I'm one of those people that like, I literally have to be hungry to be at a healthy weight. And I don't eat badly. I just have a predisposition and a bad metabolism. I mean, I could maybe eat a few different things. Don't get me wrong. I'm not like releasing myself of responsibility. But there is a predisposition in our family for this. And I do wonder how both my mother and I being conceived and grown in this completely depleted malnourished body, uh, maybe affected things. Just an interesting, fun fact.

D

Deana Thayer 10:38

Not quite as horrid as mine, but at least was very interesting. I just was being silly. No, that's really true. And I think so how we talk around this, I think we both now have hit on that, is really a big deal. And, and then you can also follow that up though, I think with some practical things, and it doesn't mean, I really wanted to be careful and I'm gonna say this I, outing myself, I'm careful about this with my children, because I'm bad at it. Which is I tend to categorize, at least in my mind, and sometimes I have fallen off and said it out loud. I mean, there's a lot of things on this episode, I'm gonna have to say, this is where I've done poorly. But I tend to categorize foods as good or bad. And even when I don't always say that, I'm sure thinking, oh, that's bad, I shouldn't have that. Or that's in the good realm, so it's okay. And so I think one of the areas I tried to be careful and I'm saying as they've gotten older, I've gotten worse because I think it's easy to like, well, now they're old enough to put on their own film or whatever. So I'm not always great at this now, just being totally honest, but is not saying a certain kind of food or a category of food is just inherently bad. Let's not like, food shame, because there's a place I think, almost, for almost every food. Now some foods are just like, they really are, you're eating a package of chemicals or drinking a bottle of chemicals, like we can just be honest about that. But also sometimes those just bring you pleasure. And I don't think that's even bad to sometimes just have a treat. So I tried to be careful about not bad foods, good foods although saying privately - but not so privately to everyone listening - I'm terrible at that. I

totally think of things as good and bad.

K

Kira Dorrian 12:14

I love at my kids school they talk about sometimes foods. Oh, yeah, all the time foods and special foods. So it's like you know, the all the time foods fruits, vegetables, protein, blah, blah, blah, sometimes foods ice cream, you know, and then like special treat is like a candy. Yeah, you know, something because even an ice cream there's like some protein, you know.

D

Deana Thayer 12:38

Yeah, there's, you know, dairy products, but you know, bright orange Doritos. Maybe that's a once in a while. That's really not natural.

K

Kira Dorrian 12:46

Yeah. So yeah, we, we definitely stayed away from that. And we also, we talk a lot. I mean, my kids are super picky eaters. And this is a, an area, not of strength in our family. But when I was sitting down to think about this episode, I was like, you know, there are quite a few things that we're doing well around this.

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Deana Thayer 13:05

Tell us what are some things you think are going well.

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Kira Dorrian 13:07

Here's what's going well. My kids only drink water. They have always only drank water. And they're seven.

D

Deana Thayer 13:12

Yeah. So let's just take a moment for that.

K

Kira Dorrian 13:14

They had their first sip of soda this year. And now Dave and I don't really drink it. So that was a choice we made not to really have it in the house because we didn't want them to drink it. Rhys does get a small glass of orange juice in the morning because he had a dairy

sensitivity for a long time. And that was how we got calcium. But other than that, I mean, it's just, there's not even a question. Water, water or sometimes a bubble water. And they just, it's not just what we drink. It's not even a question. A juice box is a treat. And they actually know if they've had a juice box there's no dessert tonight, like that's their treat. And then with regard to treats, we also have really kind of talked about that even treats aren't something you do every day. So some days we have dessert. Sometimes they'll say Oh, can we, can we have a treat after dinner? And I'll say well did we, did you have one yesterday, and they say yeah and I say yeah, let's skip today. We don't need one every day.

D

Deana Thayer 14:02

Well, because right, by its very nature, it quits being a treat if it happens all the time. Then it's not a special treat.

K

Kira Dorrian 14:08

Right, exactly. So that's been really good. And then the third thing I think we've done really well, is we have always had the metaphysical activity. So the rule has always been, yeah, I'll totally take you to acting classes. But you have to also pick a physical activity. And I think this is an area where Dave and I would agree. This is probably where we fell down the most as kids was neither of us were physically active. And it wasn't really important in either of our families that we be physically active. And I will share a little tidbit that I got off my sister in law who's a doctor. She said that, by age seven, children have either received a message or not received a message that exercise happens in a routine. And so if you have not set up some kind of regular physical activity for your kids, where they get the message that like on this day and this day I'm physically active, it is much harder for them to learn that as they get older into adulthood.

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Deana Thayer 15:00

That's really interesting, especially because there, there was a, I think a pretty long season recently, in recent decades of kids being in lots of activities, and then there's been kind of a push back. And now let's get them really unscheduled. So what an interesting case to make for, hey, if you're going to schedule something, at least have it be like a sport or something physical. And I love that you said you kind of do both. Because we do the same thing. I've always had this requirement, you can do one, not can, but you're going to... do one kind of fine artsy type thing and one athletic thing. And that's just always been the deal in our house. And I will say until recently. I've come away from that as they've gone into high school and you start to see them develop a real affinity for certain activities. And



I think, okay, well, then I know they're active, and maybe I can let them enjoy this one year round and not have to combine it with other things. But I will say in all honesty, even right at this moment, so far, neither of them have, neither of my biological kids have ever done just one or the other, they've always done both, because that's always kind of been the thing. So it's interesting that you do that too.

K

Kira Dorrian 15:58

Yeah, well and my sister in law was also really clear, it doesn't have to be a sport. It can be we ride bikes on Tuesdays.

D

Deana Thayer 16:04

Yeah, it can be things you do with your family. Go on a walk.

K

Kira Dorrian 16:08

Sure. It's more about the message of physical activity is something that happens in these regular consistent intervals. They're more likely to then when they get older, be physically active in regularly consistent intervals.

D

Deana Thayer 16:20

You just made me realize there is something I'm doing well. In all the things that I don't do well like calling foods bad, and I know my kids have caught me saying something nice, not nice about my body more than once, is that I exercise every day except Sundays. And my kids know that. They know it's why I get up at oh dark 30. All the children in our house know, just at, I'm going to get up and I'm going to do a workout. And they kind of make fun of me because I go to bed early as a result, because I get up early. But I have literally said to them well, even though I'm, well, actually not even though, especially because I'm now in my 40s and I'm getting older, my metabolism's slowing down, it's more important than ever that I keep taking good care of my body. And I want to stay strong and I want to stay healthy. And I want to be around for a long time. And so hooray because I was, the more we got into this, I was like I shouldn't really...I'm not doing any of this well right now, but I do model consistent exercise.

K

Kira Dorrian 17:14

Well, that's fantastic. There's that. Well, and I think we also talk and I'm sure you've had this conversation with your kids. So I'm sure you're doing this well, too. But we talk with

our kids a lot about the way food affects your body. So like, we try and encourage them when they have a plate of food. You know, you really want to like get the nutrients from the fruit and vegetables in there first, so that when, if you get full, you filled up on the things that are really nutritious for your body, then you want to move on to protein, you know, and of course they go back and forth. We're not like regimented about it. But it's like if you have to pick something to focus on, I want you to start with your fruit and vegetables, move on to your protein. And then you can get to your carbohydrates, you know if you, if you have room. And so kind of just really thinking about like, how does food, why do we eat food? And what's the difference between filling up on an apple and filling up on, you know, a bag of candy. How do they influence your body? And how does that make your body get what it needs? And there's been a lot of conversations around that.

D

Deana Thayer 18:10

Oh, totally. Because really food is fuel. And so are you giving your body fuel that's going to be helpful, or is going to just maybe give you a spike and then cause you to crash? I mean, so that's really smart that you're talking about that. The reason I was giggling, it was not that what you said was funny, what you said was smart and right on. It's that this is another time where that very much depends on the child. Because I used to have to tell the kids make sure you eat your main thing first, because I would sometimes have lunches coming home, and I'm still getting the sandwich home, and the fruit, everything else is gone. It was like, oh, interesting. But the other thing is, especially if you're still the one packing the lunch, then you can decide not to send those things if that's not going well. I just think it's interesting because now I have a daughter who's a vegan and so super picky pants, but also very particular about what, and most of what she's eating then is pretty healthy, but here's the thing. Beer is vegan, french fries are vegan, you can be vegan and be super unhealthy. So I think also one of the things we've talked about is not assuming one particular lifestyle isn't necessarily inherently oh, that's so good for you. You can find junk food that's paleo, that's vegan, that's keto, that's whatever. Just like you could also be a person who maybe really needs carbs to feel good because you have maybe a thyroid issue or an adrenal problem, but you're choosing really positive foods and grains and you're, you're maybe healthier than this vegan over here. So it's, it's an interesting ongoing conversation and it just makes me chuckle because kids will sometimes try to find those ways around it and you'll have to in your own family figure out okay, then how do we help them stay within the boundaries? Even if it means okay, maybe for a while we see this isn't working out. I can't send these things because you're choosing to eat that and not the things that are good fuel for your body.

K

Kira Dorrian 19:46

Well, it's funny you should say that because you know, I've talked about on the podcast before that my kids are really, really picky. I mean, they really have like, eight foods that they like. Like Rhys just started eating pizza and this was a massive celebration in our house. That like everyone eats pizza, like we celebrated. And so he actually didn't enjoy it. It wasn't because of the dairy. No, he didn't like it. And so we couldn't even have a family pizza night, though. So it was like, we think, like we've added a food, we've added pizza. But my point is that, you know, I've talked about the fact that they're very picky. And I would say that, if you like, actually looked at the nutritional breakdown of what they eat, they do okay, they just eat the same things over and over. And they really don't eat vegetables at all. They eat carrots. That's it. Saying that, the other day, they were in the car, and one of them said to me, you know, so and so at school gets a treat every day in their lunchbox, can we do that? And I said, well, you know, the problem is, I bet that so and so also eats a lot more foods than you do and is getting their nutrition every single day, their body is getting everything they need. And so their mom probably feels really comfortable letting them have a little treat every day at school. I don't feel comfortable with that. Because I know that it's really hard to get you to meet your nutritional needs every day. And guess what? Guess who started trying some new foods? What, my children? It was like, and I'm sure I mean, I don't want to get up here and be like, and my motivational speech really worked. No, they wanted the candy. Let's be honest, they were like, this is what I have to do to get the candy. But the point is the message that I was sending wasn't that's gonna make you fat. Or no, you can't because we are a healthy family. It was the the natural consequences of well, right now, I'm more concerned about meeting your nutritional needs. But when you show me that you can meet your nutritional needs, then we can talk about this.

D

Deana Thayer 21:45

Well, this reminds me of how we talked about naming the positive of the virtue and not the negative of the vice, of the vice. I'd like to see your walking feet rather than, don't run. So this is the same kind of thing you didn't shame the candy or shame them. You just said what was good about these other foods and why that mom was probably comfortable providing this fun treat. So it's, it's so much again, kind of goes back to the communication and the language around it. It's not all that candy's bad or you're bad. It's, oh, well, these other things are great. And I would imagine they're probably getting those. And we don't even know that that's true. But it worked out pretty well for you.

K

Kira Dorrian 22:15

It sure did. And then it was funny because my my kids see my dad every Sunday morning. And he said that we were, what we were doing, we were doing something, oh, it was the

big Easter egg hunt. And so he offered Riannon some hot chocolate at breakfast and said, would you like a special treat? Would you like some hot chocolate? And she said, no, Poppy. We're doing the Easter egg hunt this afternoon. And I know I'm going to have some candy there, so I would prefer not to. And he texted me and was like, I can't believe she just said this to me. And I was so proud. It was like, okay, they they are getting this message in a good positive way.

D

Deana Thayer 22:45

Well, and the thing is, what happened there is ultimately what kind of all of parenting is about is you're teaching them to be their own regulators, because we aren't always going to be there to say you can have this, but not that, or here's the boundary over here. Eventually they have to have that internally to make those decisions. So we aren't teaching our kids what to think when we're parenting. We're teaching them how to think, how to decision make, and she had already learned at seven enough to know, I know a treat is coming later. I'm going to not choose to have two because here's the other thing. We talk a lot about character traits. That's also an integrity thing. You might not have known about the hot chocolate, she could have chosen to have two treats and didn't. So there's been some amazing teaching there already of self regulation, which is, I almost feel like the main point of parenting is for them to be their own filter.

K

Kira Dorrian 23:30

Yeah, it's huge. I feel, I feel, I was really proud of her.

D

Deana Thayer 23:33

You should be. That's really incredible. Yeah. So one other just practical thing that I think can be helpful with, but you do have to be careful as with anything, that it doesn't become legalistic or obsessive because I think almost anything can go too far, right? You can have a really positive thing that goes in the ditch if you do it too much. But I really like that I've taught my kids to be label readers. Now that they're old enough to read the labels on foods, we talk about that kind of thing. And I really didn't do this until I was an adult, I'll be honest. I just picked the foods I liked. And now I've learned to look for things, especially sugar. We talk about if it's in the first five ingredients, that's probably not a food we're going to bring home, processed foods, things like that. So I think that makes you an informed consumer. Of course, people can go too far. And oh, if there's one thing I can't pronounce, the food is the devil, whatever. I'm not suggesting that. But I'm suggesting even as you train your children to eventually be shoppers, they're going to learn things like coupons and bargain shopping, and how do you choose what's a good deal? And we

talked a little bit about this even in the consumerism episode, but also how do you be an informed consumer around your own nutrition and what you put in your body? It is wise to read what is in the food because that's going to go in your body. And I think there can be even some truth to the long things you can't pronounce. If you don't know what it is, does your body? What's it going to do with it? So we talked about that even when they were small, but I wasn't much of a label reader. I'm just again, it's all over the map today, here's where I was wrong, I was wrong. But I wasn't good at this. And so I think that can be a positive thing too again, as long as you don't carry you into crazy land, but just knowing what's in your food and teaching kids to look at that stuff. And then as you grow up and shop, make sure you're aware of the ingredients you're consuming.

K

Kira Dorrian 25:14

Yeah, I really love that. I think that is so important. And it reminds me of something else I was going to say, which is that the one thing we've been really strong about in our house is especially once my mom got sick was eating foods that are non toxic. So no high fructose corn syrup. No, e-numbers, trying to go organic when we can, but what I will say is we treat it a lot like we treat our screentime. So that's how we eat at home. And when we go out for dinner or for at a party, whatever. You want the chips, have the chips, you want a juice box, it doesn't have to be an Honest Company juice box, it can be Minute Maid, that's fine, right, so that it's about what are we doing regularly at home, and then where's that flexibility so that we don't get so rigid.

D

Deana Thayer 26:02

And the other thing that's nice about that is often at restaurants or other things, you can't be as in control of that, and don't need to be unless you have an allergy or something. So it leaves room for that. And I love the idea with anything, with discipline, with screentime, that you teach, what's the exception? What's the rule? And so the rule is we eat healthy and the exception can be you know, where we don't have as much of a say in it, we're not gonna freak out over it.

K

Kira Dorrian 26:25

And one last thing I want to say and then we will wrap up. With my picky eater, something I just happened on to so I'm not giving myself any credit for okay, other than it fell out of my mouth and seemed to work okay. I explained to them one day the difference between really not liking something and something not being your favorite, but still being good for you. And I said, if something is like gross, like you actually gag when you eat it, I don't expect you to eat that. But there's going to be foods, sometimes you eat because they're

good for you. Like I said to them, you know, I eat a lot of salad. I'm not a huge fan of lettuce. But I eat it because it's really good for me. But I'm also not grossed out by lettuce. And that made a major change, especially for Rhiannon. I just the other night, we grilled up some chicken with a marinade that she'd never tasted before. And she said, you know, Mom, this isn't my favorite, but I'm going to eat it because it's got good protein in it. And it doesn't make me gag. So I think I can probably eat this tonight. And I was really proud of her because I think as adults, we do that right? Like vegetables aren't every adult's favorite food but we pile our plate with vegetables because they're good for us.

D

Deana Thayer 27:31

So what an important distinction but it's also nice to clarify that it's not if it's... because there are some things even for me as an adult that it just, I can't do it. And so to not force because I think that would be another thing we would both agree, it's never about like clean your plate. You have to, because some, everybody has a different palate, even for textures. I know a lot of the issues for Cienna were really around texture, not taste. And so I wasn't going to have her eat things that felt so uncomfortable in her mouth, they were making her gag. Nobody wants to do that. So what a great distinction to make.

K

Kira Dorrian 28:00

It was an interesting insight for me into oh, they're not picky because they're actually grossed out by everything. They're picky because they don't understand yet that they currently think, were thinking that everything they put in their mouth should be their favorite. It was really eye opening to me like, that's what's going on here. Okay, well, I can break that down for them. And it's been I mean, I will say huge improvements in our house with the addition of pizza. And with this additional thought, and then we also did I know a lot of families do this and it was with moderate success, but the no thank you bite.

D

Deana Thayer 28:36

So just give it a try. And then if you really don't care for it...

K

Kira Dorrian 28:39

Yeah, and it sort of worked and then what we did was we actually changed gears at one point, and I called it a consideration bite and I required two. And that's helped immensely to, I need you to at least consider this food. And you're not going to just consider it by like sticking your tongue out and barely touching it. You have to actually put a whole bite in your mouth and you have to do it twice. Because sometimes we don't like things right

away, and then we give it another try and we go hmmm, actually, maybe I like that. And the consideration bite has helped immensely.

D

Deana Thayer 29:09

And encouragement, it does get better. Like, I'm able to say you're gonna have a serving of vegetables before you have seconds of pasta or whatever. And as long as I know, it's not a gross me out, gag me food, I know I can ask for that. And I do think that comes with time and maturity too. But what a great way to handle it. In the meantime, we're going to give it a try. We're gonna give it another try. But it is okay at the end of the day if it's a super no, they can say no. I think there has to be some room for that. There's so few things younger kids can control. And one of them is what they put in their mouths. And so I think it is also a one to be careful about because it can be a battleground. We don't want that.

K

Kira Dorrian 29:41

Well, and I want to be perfectly clear that for all of my own horn tooting that I've done today, that, that it has been a battleground for us food specifically, and trying new foods and I have really, really hated that. And so moving in this direction of trying to let some of that go and shift some of that a little bit has been really, really important for us.

D

Deana Thayer 30:05

Yeah. Yeah, that is a big deal. Well, I have a quote today. And it's a lot about modeling, which we talked about. And I think even though today was nutrition, this could apply to other things. So just keep that in mind. And this is from Hannah Guard Ma. And it says, "I believe that the best way to inspire a quality or even a habit in our kids is to cultivate it in ourselves. This means that parenting is a constant journey of learning and growth of looking outward toward my children to see the areas in which I need to work on improving myself." Isn't that the truth? Parenting is kind of like holding up a big full length mirror to your own ish.

K

Kira Dorrian 30:44

It's true. Well, we hope you enjoyed today's episode. If you have any questions you want to write in, you know, we love doing those spin cycles [info@futurefocusedparenting.com](mailto:info@futurefocusedparenting.com). You can find more information on us on that website. And don't forget to rate and review the podcast. We're so grateful for those, and follow us on Facebook and Instagram @raisingadultspodcast or @futurefocusedparenting. Raising Adults is produced by Kira Dorrian and Deana Thayer and recorded in my laundry room. Music by Seattle band

Hannalee. Thanks for listening.



### Future Focused Parenting 31:16

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