
The Division of Nutrition

The Dorm Parent Collective

Division of Nutrition Responsibility

PARENTS:

- Parents can ALWAYS model a healthy and intuitive approach to eating
- Parents can help young adults develop basic skills (i.e., food shopping, cooking)
- Parents can always talk about how their child is feeling and what they are experiencing
- Parents should AVOID talking about food choices, weight and body

YOUNG ADULTS:

- Young adults can make their own decisions about what they put into their bodies (i.e., what kind of food, how much food)
- Young adults can choose how they put food into their bodies (i.e., pace of eating)
- Young adults can make their own decisions about physical activity and movement

The Real Issues

1. Belief in a myth
2. Filling Up An Emptiness
3. Black and White Thinking
4. Desire to be Special/Achieve
5. The Issue of Power
6. Difficulty Expressing Feelings
7. Fear of Growing Up
8. Lack of Trust in Self and Others

Role of Dietitian at The Dorm

- Assess and support young adults in establishing and working towards nutrition/ wellness goals
- Empower clients to take care of themselves with regard to food and body (i.e., meal planning, grocery shopping, cooking)
- Help clients navigate and process any anxieties and/ or stressors related to food and/ or nutrition
- Intensive nutrition counseling for clients with eating disorders and/or disordered eating
- Provide objective holistic perspective on nutrition/ wellness

What about Weight?

Dorm weight policy is blind weights - why?

Not all clients with restrictive eating disorders will be in an emaciated or “thin” body - eating disorders occur in all size bodies

Strategies to Employ

- Try to be neutral about food/ body
- When inclined to make a comment about what or how your child is eating (aren't you eating a little fast?), ask them about their experience of the food instead (how does the food taste?)
- Be inquisitive! If you notice your child is eating a lot or at a fast pace, ask what is going on for them (How are you feeling? Are you feeling anxious, stressed or overwhelmed?)
- Try to come from a place of non-judgmental curiosity

Discussion

Many young adults struggle with their weight and appearance, and their weight may fluctuate at times. If your child is struggling with food, they are probably in pain and feeling a lot of shame. How can we work together to empower your child with regard to self care?

- We want to help create trust not distrust!
- What has worked?
- What hasn't worked?

Let's Talk!
