

What Were Your Family's Rules & Expectations?

Well-meaning parents might raise their kids with nutrition rules about what's okay and what's not okay to eat. It's important to get a sense of these rules and the degree of rigidity. When working with adults, the questions are framed around their childhood eating experiences. And when working with kids and teens, the questions are framed in the present tense, with care not to indict the parents (assume well-meaning intentions).

Types of Questions to Ask

<input type="checkbox"/>	1. Did your parents have rules for eating family meals?
<input type="checkbox"/>	2. Were you expected to clean your plate? What would happen if you didn't finish the food on your plate?
<input type="checkbox"/>	3. Were there any rules around snacking and if so, how did it impact you?
<input type="checkbox"/>	4. Were there any rules around eating sweets or desserts? If so, how did it impact you?
<input type="checkbox"/>	5. Were there any rules about forbidden foods, such as not being allowed to eat sweets or fast food?
<input type="checkbox"/>	6. Did you ever-sneak food, when your parents weren't around?
<input type="checkbox"/>	7. Did you feel extra excited at parties because of the ability to eat goodies when your parents weren't around?
<input type="checkbox"/>	8. Was there a lot of pressure about your weight, when growing up?
<input type="checkbox"/>	9. Did your mom and dad seem to have different rules around eating for themselves?
<input type="checkbox"/>	10. Did you ever get mixed messages from your parents? Such as, warning you not to eat too much or you'll gain weight—yet, insist on eating dessert even if you were not hungry?
<input type="checkbox"/>	11. Did your parents have any rules around exercise?
<input type="checkbox"/>	12. Did one or both of your parents diet frequently?
<input type="checkbox"/>	13. Did one or both of your parents criticize their own body frequently?
<input type="checkbox"/>	14. Did your parents monitor your weight?
<input type="checkbox"/>	15. Did your parents ever put you on a diet?