

# MAKE MEMORIES

CLIENT	BEHAVIORS	TOOLS
Parents of children older than 1	Promote activity, not food, to combat boredom	Photos of emotional eating Client Gift: Memory Maker magnet

## TOOLS



## OPENING ACTIVITY

Show photos of people eating in response to stress, depression, anger, fatigue, sadness, loneliness, boredom or happiness, rather than hunger.

### TRIGGER EMOTIONAL DRIVERS

*“Do any of these photos look familiar? How do you feel when you find yourself eating in response to stress, loneliness or boredom, instead of hunger? How would you feel if you could protect your child from emotional eating, allowing him/her to eat when hungry, instead of out of boredom?”*

Listen to client comments. Give participants a Memory Maker magnet.

*“Here’s a gift for you and your child—a Memory Maker magnet. Consider putting this on your refrigerator, so you can look at it every time you’re about to open that refrigerator door. Then, start reinventing a better life by chasing fun, not food. Talk to your children, or consider which ideas your child would enjoy. If one isn’t fun, try another and keep doing it until your child starts to define ‘treat’ not as something that comes out of your refrigerator, but as something that comes out of your imagination. Candy might seem easier sometimes, but imagine fast-forwarding your life 20 years. What do you want your child to remember? They can remember how their amazing mother celebrated life and made them feel treasured and loved—a gift to treasure. What ideas have you tried before?”*

Listen to client comments.

## ACTION PLAN

*“Think about which of these ideas suggested today—or ones on the Memory Maker magnet—could work for you. What are some fun things you could do together this week as a substitute for emotional eating?”*

Listen to client comments.

Memory Maker ideas:

- Walk together in a park or around the block. Tell your children the reasons you love them.

- Create a special story about your children with them as the star.
- Dance a silly dance to your children's favorite music.
- Draw a picture of your child to hang on the refrigerator.
- Play follow-the-leader.
- Dance, clap, wiggle and jump around the house or yard.
- Transform chores into fun. Race to deliver laundry and return toys to the right place.
- Play "I-Spy" on pre- and post-dinner walks. Look for common things, like bugs, bikes and butterflies.
- Look at old photos of your child since birth, sharing your feelings about each photo event.
- Pray with your child.
- Make up cheers, and be a cheerleader for your child.
- Make a date to bike, swim, run and/or play with your child—their choice!
- Stop what you are doing, and give your child full attention and big smiles.
- Challenge your child to a hopping, jumping, singing or drawing contest.
- Look at the stars on a clear night.
- Make a fort in the living room using blankets.