

Print this off, cut the note out and pop it in your child's lunchbox or book bag to help your child's preschool or school setting know how they can support you raise an intuitive eater with a healthy and happy relationship with food.

Dear.....

We are raising to be a happy eater. Part of this is to trust them to know what and how much they want to eat. Please allow..... to decide how much, and in what order, they want to eat their lunch. We trust that knows their own appetite. If you have any questions please feel free to contact me on Thank you for looking after, we appreciate your support with this.

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