

Newsletter, 22.10.2025

Whether studying, resting, playing or simply growing, a healthy lifestyle for our children begins with **nutrition**.

From shaping very young children's relationship with food, all the way through to making the right nutritional choices to support exam revision or athletic performance, we can help young people become knowledgeable and make the right choices about what goes into their bodies and why.

For parents too, there is plenty of information available on creating a positive environment in the home when it comes to mealtimes, encouraging healthy habits and trying new foods.

Our **relationship with food develops from a young age**. In this webinar, [How to Talk to Children about Food](#) Clinical Psychologist Dr Anna Colton offers **practical and sympathetic advice on** how parents can support children, from **toddler fussy eating** to **teenage body concerns**.

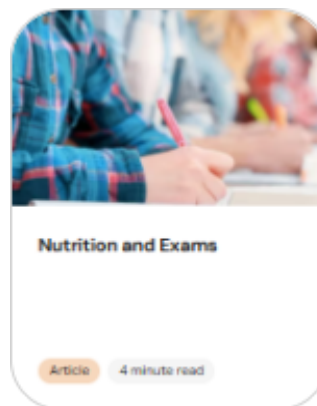
When we're trying to expand our children's palate and broaden their diet, **new and unfamiliar foods can often present a major hurdle**. These tips from dietitian Anjanee Kohli offer a gentle, **step-by-step guide** to helping younger children try new tastes and textures: [How to Introduce Children to New Foods: A Dietitian's Guide](#)

For older children and teenagers, nutrition is an **important** consideration **for effective study** and high performance inside and outside school. **Advice on diet, hydration and sleep** to help your teen achieve their best and keep their energy levels high when it matters can be found in our resource [Nutrition and Exams](#).

Are you navigating the world of vegetarian or vegan diets for your children?

Join us on 4th November at 12:00 GMT for a webinar on *Raising Vegetarian (and Vegan) Children: Nutrition, Nurture, and Navigating Food Choices*.

To register for the session, click [here](#)



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