



Safely Talk to Your Children About Being Weight

Lori Fishman
Child Psychologist, Parenting coach, &
Instructor at Harvard Medical School.

EPISODE 46

[Quote]

“We just don’t talk about weight.
We should not use this word”

[Description]

With the pandemic, so many kids have gained weight or developed unhealthy eating habits...along with too much screen time and perhaps a decrease in their sports or daily exercise.

Lori is a child and adolescent psychologist, a parenting coach, and an Instructor of Psychiatry at Harvard Medical School. In this episode, Lori talks about how parents can improve their family's eating and exercise behaviors...quickly and easily



[Intro]

Jaison Dolvane: With the pandemic, so many kids have gained weight or developed unhealthy eating habits...along with too much screen time and perhaps a

decrease in their sports or daily exercise. We also know that weight is a risk-factor for worsened symptoms of COVID-19.

Lori Fishman says, “At this point, we all need an immunity-booster”. Lori is a child and adolescent psychologist, a parenting coach, and an Instructor of Psychiatry at Harvard Medical School. She has worked with thousands of parents and families, helping them to improve eating behaviors, increase exercise, and ultimately achieve a healthier lifestyle and stronger, leaner bodies.

What if there was a way to dramatically cut down the amount of snacking your family does on a daily basis without being on a "diet" or shaming? Lori spent 12 Years at Boston Children's Hospital, providing families with behavioral strategies for weight management. She has helped over 10,000 families and provides training to medical providers, school nurses, gymnastics coaches and girl scout troop leaders.

In this episode, Lori shares with us how parents can safely talk to their children about weight, and improve their family's eating and exercise behaviors...quickly and easily.

[Episode]

Coming soon...

[Outro]

Thank you for listening.

SUBSCRIBE: Make sure to subscribe to this podcast on [Apple podcasts](#) or [Spotify](#) or wherever you listen, we would really appreciate if you can leave us a review on apple podcasts or send us any feedback to reachingroots@wishslate.com.

SIGN-UP for the WishSlate App: Find items from any stores, save items to one list and share, buy, gift from family and friend lists. Visit <https://app.wishslate.com>

[Resources & Links]

Past, Parent and Future

<https://www.pastparentfuture.com/>