

Food insecurities: How to reassure yourself and your children

What we know about food & adoption



Food insecurities are common in adoptees —our children may have had unreliable or unpredictable access to food prior to their adoption.

Food intake is one of the few things children can take control, even before they are verbal.

Adoptees are more likely to exhibit disordered eating in general, and this may be magnified in times of stress or crisis.

How food helps build and strengthen families



Food plays an important role in attachment.

When healthy food is routinely and predictably available, our kids have one of their most basic needs met.

Consistently meeting our kids' nutritional needs helps build and strengthen attachments, no matter how long they have been home.

Food is one of the primary ways infants attach to their caregivers

Babies cry → they are fed → they build trust → baby satisfied, parent satisfied.

Food is a powerful way for parents and older kids to attach too.



Looking back at our adoption training, here's what we know helps:

During adoption transitions, we are trained to keep routine and familiarity around mealtimes.

Advice from mental health experts around COVID-19 tell us that routine and familiarity help us cope in times of crisis.



This means we already know how to help reassure our kids about food insecurities

- ✓ Cook familiar meals
- ✓ Keep the same meal schedules
- ✓ Eat (and cook!) together as a family

Additional tips specific to COVID-19

- ✓ Turn off social media—filter the information your children need to know.
- ✓ Rest assured there are no indications of a food shortage. What you see on social media and TV is a result of localized panic-buying.
- ✓ The suppliers have enough, and YOU will have enough.
- ✓ Leave the kids at home when you grocery shop.

**Kids don't need to see line-ups to enter grocery stores or empty shelves.*

**It also helps "flatten the curve" by limiting contact with others*

Bottom line

- ✓ Be realistic—there is no such thing as "perfect parenting" during this pandemic.
- ✓ If you miss a meal time by a few minutes (or a few hours!) forgive yourself.
- ✓ Remember the saying "put on your own oxygen mask first"? A fed parent is a healthy parent. Take care of yourself and your own nutritional needs, too.

Need advice or someone to talk to?

Contact our Family Support Workers:

bcadoption.com/support



Adoptive Families
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