

OBESITY

What is the skill?

Maintaining a healthy weight depends on balanced nutrition, physical activity, adequate sleep, healthy stress regulation, and consistent caregiving.

What does normal development look like?

Children naturally experience changes in body composition as they grow. Healthy habits develop through regular meals, active play, and supportive family routines rather than dieting.

How does neglect interfere?

Neglect may contribute to obesity through poor nutrition, limited opportunities for physical activity, chronic stress, emotional eating, disrupted sleep, and altered metabolism caused by prolonged stress.

What might this look like?

Children may gain weight rapidly, prefer highly processed foods, avoid physical activity, or eat in response to stress rather than hunger.

Parenting implications

The goal is promoting healthy habits rather than focusing on weight. Family meals, enjoyable movement, predictable routines, and reducing stress support healthier long-term outcomes.

From Understanding to Attunement

A child's weight is often influenced by developmental experiences as much as by food choices.