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# Parenting your Toddler Brain

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## EPISODE 37

### 4 Ways Your Toddler Brain Shows Up In Weight Loss:

#### **Weight loss tantrums**

Tantrums on your weight loss journey often look like an urgent desire for something that takes over. You feel like you are eating out of your control. It feels like tunnel vision for a specific food or a craving that demands your attention.

- How do you notice this showing up for you?
- What can you do to parent your toddler brain in this situation?

#### **Small-picture thinking**

Your toddler brain can get preoccupied with how hard and neverending the weight loss process feels.

- How do you notice this showing up for you?
- What can you do to parent your toddler brain in this situation?

#### **Self-sabotage**

Sometimes your brain wants to rebel or self-sabotage. We are rebelling against the rules we made in our own brains.

- How do you notice this showing up for you?
- What can you do to parent your toddler brain in this situation?

#### **Pouting**

Pouting is another characteristic of your toddler brain that can impede your weight loss. It usually shows up in the form of self-pity pouting.

- How do you notice this showing up for you?
- What can you do to parent your toddler brain in this situation?

*Natalie Brown*