

You've fed everyone. Have you eaten?

When did taking care of everyone else become a reason to leave yourself out?

01 · SYNOPSIS

Coffee counts as breakfast. Lunch happens over the sink. Dinner is whatever is left after everyone else has eaten. Monique talks about the food habits that form when you become the organiser, the carer and the person who will sort herself out later, and how to make room for yourself without creating another job.

02 · AUDIENCE RELEVANCE

Women's events, parenting conversations and lifestyle podcasts.

03 · DISCUSSION POINTS

- How caring for everyone can make your own needs disappear.
- Why "I'll eat later" becomes an everyday pattern.
- What it means to include yourself at the table.

04 · SUGGESTED HOST QUESTIONS

- Why do so many carers find their own meals disappear from the day?
- What does lunch over the sink tell us about a day?
- Why is taking care of yourself often framed as one more task?
- How can someone include themselves at the table without adding pressure?
- What does steady support look like in family life?

05 · INTENDED AUDIENCE OUTCOMES

- Recognition of common care-work food patterns.
- A compassionate way to discuss self-inclusion.
- Small ideas that do not turn food into another job.

ABOUT MONIQUE

Monique Etkind is an Accredited Practising Dietitian, speaker and co-founder of meforme™. With more than twenty years in private practice, she explores the often unspoken relationship between food, everyday habits and self-confidence. Her approach is warm, candid and practical. Her philosophy: steady is a skill.

06 · BOOKING CONTACT

Media and speaking enquiries: moniqueetkind.com/contact (choose "Media and speaking").