The Safe Plate: Feeding Kids Right in a Broken System Transcript

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Introduction to the Safe Plate

I'm Dr. Michael Norm. I've spent decades caring for children and families. Have seen something over, over again. Our kids are growing up in a food environment that's louder, faster, and more confusing than ever.

And black children are feeling the impact first and the hardest.

Why Black Children Are Hit Hardest

That's why I talk about something I call a safe plate. A safe plate is not a diet. It's not perfection. their relationships with food, and their sense of dignity.

For Black families, that matters deeply, because our food traditions were shaped by survival, not abundance.

Food Traditions, Systemic Pressure, and Parent Blame

They carried us through hardships, but the world around those traditions has changed faster than our guidance has. Today, ultra-processed foods are everywhere.

Juice is marketed like health food. portion sizes have exploded and the parents are blamed for problems that are actually systemic. So when the child gains weight, becomes picky or struggles with energy or focus, parents often think, what am I doing wrong?

What a Safe Plate Does

Most of the time, the answer is nothing. The problem is in love. The problems that kids are being asked to navigate a food system their bodies were never designed for.

A safe plate helps bring things back into balance. It's age-appropriated, it works with foods families already eat. It grows with your child from infancy to childhood to adolescence.

Over the next several videos, I'll break this down step by step.

What the Series Will Cover

How feeding begins before birth. What matters in the first year of life? How to handle a picky eating without turning meals into battles. And how to think about weight and health without harming a child's worth.

This is about support, not judgment, clarity, and not fear. If feeding your child feels harder than it should, you're not imagining things.

Support, Not Judgment

You don't have to navigate it alone. This is a safe plate, and we'll take it one step at a time.