

HOW TO HELP KIDS HAVE A HEALTHY BODY IMAGE

What is body image?

- Body image is how people think & feel about their own body
- It is about how someone *feels*, not how they actually look
- Having a healthy body image means you feel good about yourself & respect your body

Why does it matter?

- A positive body image leads kids to feel more confident and make healthier choices
- A negative body image leads kids to feel worse about themselves and make less healthy choices. It can also lead to higher rates of depression, anxiety, substance use, and eating disorders
- Your child feeling good in their body is so important. It impacts their physical, emotional & social development
- Pay attention to how you talk to your child about food, exercise & weight. You play a big role in teaching them to love & take care of their bodies

What can I do?



Be a good role model by talking positively about your own body & showing self-love



Use positive language. Compliment your child on what they *do* rather than how they *look*



Talk about puberty & how our bodies naturally change & get bigger with age



Avoid dieting & restricting foods—science has shown diets don't work



Promote eating for nourishment and pleasure



Eat dinner together as a family often



Talk about the pressure of media & limit social media use



Encourage your kids to be active and eat healthy, but in moderation

For more information visit: www.mededmaterials.org

Sources:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/promoting-healthy-body-image-in-children-teens>

<https://www.betterhealth.vic.gov.au/health/healthyliving/body-image-tips-for-parents#get-your-child-into-the-physical-activity-habit>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner.

For questions or more info, contact your practitioner.

