

## Promoting a positive body image in your child

Body image is how a person sees and feels about their body. A positive body image will help your child display more confidence and take better care of their body. Body dissatisfaction can lead to disordered eating. Parents play an important role in promoting a positive body image in their child.

### Try these simple steps to help foster a positive body image in your child:

- Accept that no one body shape or size is right for everybody. Bodies come in all shapes and sizes!
- Help your child understand that their body will change, especially throughout puberty.
- Promote activities that make your child feel good about themselves.
- Be wise! Question the motives of advertisers who use unrealistic images to sell a product.
- Avoid commenting on your child's appearance. Instead praise them on their character, abilities & skills.
- Be a role model by accepting your body and maintaining a positive attitude towards food and exercise.
- Try to avoid the phrase "I'm dieting". Instead say "my diet is healthy and I choose to eat well and exercise regularly to stay healthy".
- Listen to your body! Teach children to eat only when they are hungry and stop eating when they feel full.
- Like yourself! Focus on what makes you and your child unique.

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