

The Student Body: Promoting Health at Any Size

Parent Handout: Adult Role Model



Ways to Promote Positive Body Image in Your Children!

Help them understand that their bodies are changing and growing, especially during puberty.

Help them understand that there is NOT one "ideal" body shape for men or women.

Try to be aware of the messages you are sending about your body and the comments you make about other people's bodies.

Focus on your children's abilities rather than on their appearance. Help children focus on what their bodies can do well and remind them of all the things they are besides a "body" (for example, caring and friendly).

Discourage children from weighing themselves.

Help them deal with put-downs and negative comments.

Celebrate Diversity in Weight and Shape!

Parents:
For more Adult Role Model information on-line visit -
<http://www.aboutkidshealth.ca/thestudentbody>

Suggestions to Help Children Feel Good about Themselves.

- ✓ Help your children understand that all body shapes have beauty and value.
- ✓ Accept your children as they are, no matter their weight, size or shape.
- ✓ Listen when your children talk to you about their changing bodies and their feelings.
- ✓ Feel good about yourself. Children are more likely to feel good about themselves when the adults they look up to have a positive view of themselves.
- ✓ Encourage activities that promote children's self-esteem without focusing on appearance.

Adapted from: Discover Healthy Eating, Region of Peel Health Department, Toronto Public Health, York Region Health Services, 2000.

