



Is your child spending  
too much time here?

## Are you concerned about your child's body image?

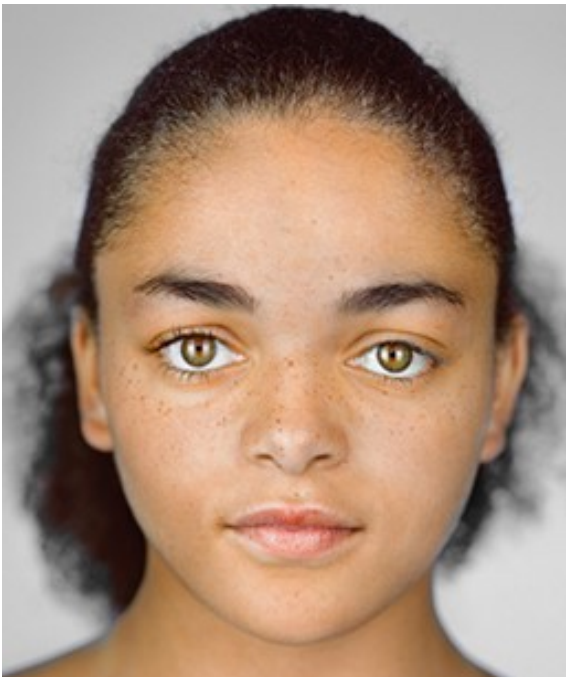
- 1 Kids are bombarded with "perfect body" messaging. It's hard when kids compare themselves to society's "perfect body" perceptions.
- 2 Media can create unrealistic, unhealthy expectations. Societal body images can cause children to incorrectly believe they're overweight.
- 3 Self-esteem and warning signs. Watch for moodiness, depression, meal skipping, weighing often, exercising excessively or dramatic weight gain or loss.
- 4 Watch for the signals. Just one warning sign may highlight the need for help. Children 9-14 are most vulnerable.

If you're concerned, contact us. We have lots of experience treating and helping kids with body image issues. We're here to help.

The Sooner the Better.



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Who does she see when  
she looks in the mirror?

### 5 ways to help build body confidence.

- 1 Accept your child's body size. Every body type is different. Try not to change your child's size or compare it to siblings or friends.
- 2 Be a great role model. Engage in healthy eating and exercise.
- 3 Make home a safe place to talk. Take time to focus on how your child feels. Make home a safe place for children to express their feelings.

- 4 Eliminate "body teasing" at home. Playful "mocking" about size and looks can have a negative effect on one's self image.
- 5 Talk about how you felt as a child. Stress the importance of building a strong mind and body. One benefits the other.

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## A teachable moment.

### Why are family meals so important?

- 1 Helps kids make connections. Connecting at mealtime helps kids create lasting connections throughout their lives.
- 2 It's a great way to share the day. Family meals are a safe place to discuss school, activities and friendships.
- 3 A time to introduce new foods. Family meals are a scheduled routine where children can taste and experience new things.

4 Meals make eating important. Taking the time to sit as a family and eat together shows the importance of this ritual.

5 A chance to teach manners. Teaching them table manners helps children feel more comfortable and confident with others when not at home.

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