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.

www.medsinc.org
288 Walnut Street, #130, Newtonville, MA 02460 (617) 558-1881
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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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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