

How to Promote Positive Body Image

TIPS TO FOLLOW AT HOME



1) MAKE MEALS A ROUTINE

Provide regular family meals with a variety of foods to create consistency. Include your children in meal prep so they get excited and feel empowered about what they eat. Remember all foods fit!

2) REINFORCE POSITIVITY

Promote positive self-esteem! Remind your child you love them for who they are, not because of how they look. Compliment them when they do kind things for themselves and others. Encourage them to speak positively about themselves.



3) SET THE EXAMPLE

Model healthy living by eating a variety of different foods, listening to your body's own physical hunger, moving your body joyfully and staying active as a family as a way of enjoying each other and having fun!

4) ENCOURAGE INTUITIVE EATING

Teach your child to listen to their body and let them determine when they are hungry and full. Don't continue myths like the "clean plate club" or eating at certain times of day as a tactic for your child to eat more or less.



5) DON'T ASSOCIATE FOOD WITH GOOD AND BAD

Food doesn't have moral value. Do not label foods as "good" or "bad," and never use food as a reward or punishment. This can lead to your child equating what they have eaten to how good or bad they have been morally. It unjustly associates emotional feelings with food.



6) GIVE POSITIVE REMINDERS

Promote body diversity! Remind your child that everyone is born a different shape and size. Help them keep in mind that celebrity's images and what they see on TV/social media are not "real life." Focus on enjoying life, not striving for a "perfect image."



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