

I DON'T KNOW HOW TO TALK TO MY CHILD ABOUT FOOD AND BODY IMAGE

WEBINAR TIP SHEET

REPLAY LINK: [HTTPS://VIMEO.COM/1008226227](https://vimeo.com/1008226227)

Recognize your own feelings and body reactions

Before responding, pause and check in with yourself. How you feel and talk about your body affects your child. Practice self-appreciation and recognize all your body has experienced. Encourage your child to share what they appreciate about their body.



Pause strategies: take five deep breaths, count to 10, or get a glass of water.



Check-in questions: How do I feel right now? Where do I feel this emotion in my body.

Validate your child's feelings

Start by naming your child's emotions to show understanding. For example, "It seems like you're upset about what your friend said. Is that right?" Reassure them: "It's normal to feel sad when things don't go as planned."

For younger children, help identify feelings: "It looks like your tummy might be feeling tight. Maybe you're worried?" Always check: "Did I get it right, or is it something else?" Encourage open communication.



Be an advocate for your child

Teasing or criticism about weight can harm your child's body image. Be mindful of negative comments and let your child know they're not okay. Reinforce that everyone's body is unique and healthy. If a family member makes a comment, calmly say, "We don't talk about weight or appearance. We focus on healthy habits." This encourages a positive body image.



Change the language

Model positive body and food talk. Speak positively about your own body. Focus on what the body can do, not how it looks. For example, say, "Everyone's body is unique" or "It's normal for your body to change as you grow." Emphasize food's healthy role: "This food gives you energy." Reinforce that all foods fit into a healthy lifestyle: "Enjoy nourishing foods and treats in balance."

