
HOW TO FOSTER

Body Love

IN CHILDREN OF ALL AGES

1 Favorite Things

Ask your child, "What is your favorite body part?" Make sure you have an example about your own body to share.

2 Staring Contest

Have a staring contest with your child. This is a great way to point out that our genius bodies know what they need. Your eyes will literally force you to blink.

3 Self Talk

Please be careful about how you talk about your body. Do you criticize it? Do you complain about your size or your diet? This habit is contagious. It may take practice, but eliminate negative self-talk from your vernacular.

4 Scrapes & Scars

Find a scrape or scar on your child and point out how amazing it is that their body has healed itself without them even needing to do anything.

5 Heart Beat

Help your child find their heartbeat. This simple but powerful activity illustrates that the body functions and takes care of us without us having to tell it to.

6 Craft Pantry

Stock up on arts and crafts and place them in or near your food pantry. Ask your child, "Are you hungry or bored?" This allows for a creative option if they are just bored.

7 What Do You Like?

Ask your child: Do you like cold days or warm days? Do you like tight clothes or loose clothes? Do you enjoy mornings or evenings? Why? These simple questions foster self-awareness.

8 Parenting Yourself

You may find you are teaching yourself body love at the same time as you are guiding your child. We all make mistakes. Thankfully, children of all ages are resilient.