



# Strategies to promote Healthy Body Image For Parents



## Model Body Image

Creating a positive body image atmosphere at home. Talking positively about bodies. Demonstrating & communicating respect & appreciation for their own & their child's body.



## Acceptance of Bodies

Being non-judgemental of all bodies & especially the child's body. Communicating acceptance of all body shapes and sizes. Avoiding weight & appearance based comments or criticisms.



## Focus on Function

Focusing on body functionality – what the body can do, the internal processes, body capacities, creative endeavours & focusing on how the body feels not how it appears. This helps children move toward a functional view of the body.



## Expand Self-worth

Self-worth is influenced by focusing on a range of life domains which is encouraged by parents such as focusing on skills (hobbies, performance, interests) & personal qualities (strengths, relationships) instead of weight, shape or appearance.



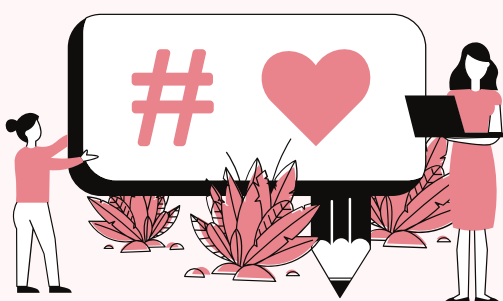
## Embodied Experiences

Focus on greater awareness of the body & paying attention to how the body feels. Parents can promote engaging in various activities focusing on paying attention to how it feels & activities that promote feeling physically empowered.

Be your own  
kind of  
BEAUTIFUL

## What is beautiful?

Discuss, encourage & expose children to different forms of beauty & broaden definition of what beauty is. Promote beauty and attractiveness being more than appearance based & that 'beautiful' comes in all shapes, sizes & differences. Help your child to see there are more important things about themselves & others than beauty.



## Media Literacy

Parents can support children to learn to analyse and critique media sources & messages. Support children to be critical of messages conveyed & to challenge conforming to ideals portrayed in the media.