

Prevention Tips for Parents

DO

- Examine your own beliefs and behavior related to body image and weight and consider how your children might interpret the messages they get from you.
- Encourage healthy eating and exercise.
- Allow your child to determine when he/she is full.
- Talk about the variety of different body types and the fact that they can all be acceptable and healthy.
- Discuss the dangers of dieting.
- Tell your child you love him/her for what is inside, not because of how he/she looks.

DON'T

- Label foods as “good” or “bad.”
- Use food for rewards or punishments.
- Diet or encourage your child to diet.
- Comment on weight or body types: yours, your child’s or anyone else’s.
- Allow teasing or making fun of anyone based on physical characteristics including size.

For more information about food, weight or body-image issues, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit www.renfrew.org.