

WITH ME MIND

Body image



Top tips for improving your child's body image

Promoting a positive body image

If you think that your child has started to develop a negative image of themselves, parents and caregivers could help by doing the following:

- Have an understanding of your own body image and how your thoughts and feelings can influence how young people feel about themselves. Try to normalise their feelings and sympathise with what they are going through.
- Compliment and praise your child for their achievements and behaviours and avoid making comments on their appearance.
- Promote a healthy lifestyle by encouraging young people to do activities and exercises that make them feel good and teach them about the importance of nutrition.
- Talk to your child about how the body changes during puberty and that the images that they may see online, are edited to look like the 'perfect body'.
- Introduce your child to positive media role-models, focusing on the contributions individuals have made to the world, rather than showing an interest in celebrities based on their appearance and unhealthy public behaviours.