

Body Neutrality

What is body neutrality?

- Appreciating all body types, including your own
- Focusing on what your body can do, not how it looks
- Respecting that everyone is unique
- Treating yourself and others with kindness and respect

Here are some tips to promote body positivity:



Speak kind words.

Be mindful of how you talk about your body and other people's bodies in front of your child.

Say nice things about your body and what it can do.

Avoid saying anything negative about how you look.



Focus on function.

Help kids love their bodies for what they can do rather than how they look.

Praise them for how they use their bodies to learn, play, and care for others.



Listen with care.

Let kids talk about their bodies and share how they feel.

Tell them it's okay to have those feelings, and then gently help them see what is great about their bodies.

For more information: www.greauxhealthy.org [f/greauxhealthyPB](https://www.facebook.com/greauxhealthyPB)
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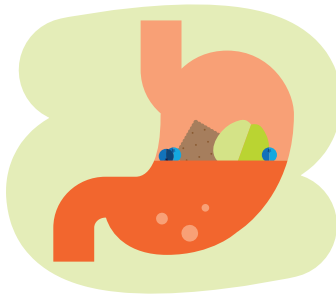


Move for fun.

Help kids stay active in ways they enjoy.

Focus on how it makes their body feel good and stay strong.

Avoid referring to physical activity and exercise as ways to “burn calories” or “earn food.”



Eat to nourish.

Help kids eat a balanced diet.

Choose foods that give them energy and help them grow.

Model a healthy relationship with food—one that includes enjoyment and flexibility.



Celebrate our differences.

Show kids' books and media with people of different abilities and appearances.

Remind kids that beauty comes in all sizes, shapes, and colors.

**Every body is worthy of care, respect, and celebration—
not because of how it looks, but because of who it belongs to!**

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