

Talking to Your Child About Body Weight

Things You Should Do.

DO:



Consider who your child may be most comfortable speaking with - you, a family member, or other close adult.

Always be open to the conversation.

Let your child know that you are there to help them, and that you will answer their questions and hear their concerns.



Give them the space to express themselves. Don't force the conversation.

Create a safe space for sharing where they will be comfortable opening up.



Thank them for trusting you with their feelings and sharing with you.

Focus on and praise their non-physical qualities such as kindness, intelligence, and creativity.

Things You Should Not Do.

DON'T:



Don't make it a BIG conversation



Don't minimize, ignore, or criticize your child's feelings or comments.

Don't tease them about their body, weight, or habits.



Don't have these conversations in front of others or speak about your child's weight or body image struggles to others.