

Talking to Your Child about Health & Weight

Feel ready when your child begins to ask you about their body. Use these positive conversation tips to get started.

Things You Should Do.

DOs:



Show you're open to the conversation with body language: face your child, keep your posture open, maintain eye contact, and smile.

Let your child know you are there to help and answer questions.



Be a good listener. Let them express themselves without interruption. Thank them for sharing.



Let your child know bodies come in all shapes and sizes. Weight does not tell you if someone is healthy.

Focus on their health instead of their weight. Instead of saying "I think you need to lose weight" → trying saying "we are going to try some new foods to help us feel good."

Things You Should Not Do.

DON'Ts:



Don't minimize, ignore, or criticize your child's feelings or comments about their body or weight. Instead of saying things like "don't worry about it," → try saying something like "it sounds like you're having a tough time. How can I help?"

Avoid teasing or making "well-meaning" comments about their body or weight.



Don't talk in a public space or in front of others. Keep the conversation private and comfortable.



Actions sometimes speak louder than words. Parents and caregivers should model the healthy habits and behaviors they want their child to have. Remember, kids are always listening and watching!

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