

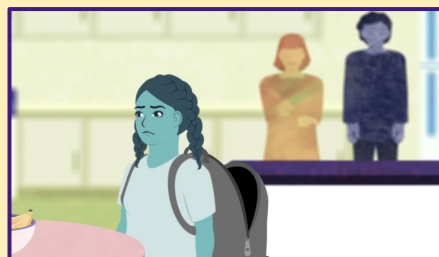
Understanding Weight Stigma at Home

Why is Weight Stigma an Important Caregiver Issue?

Parents, caregivers, and family members are among the most powerful role models in shaping how kids see themselves and others. But with awareness and small changes in language, habits, and household environment, parents can raise body-confident kids who feel worthy, respected, and healthy, at every size.



What is Weight Stigma?



Weight stigma refers to the negative judgments, assumptions, and unfair treatment that people experience because of their body size.

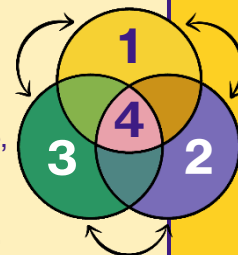
How Does Weight Stigma Appear?

- Criticizing Bodies
 - Your own, your child's, or others
- Restricting Food and Dieting
 - Labeling food good or bad
- Comparing Siblings or Peers
- Jokes or Media Comments
 - Laughing along to TV shows or memes
 - Reinforcing harmful stereotypes
 - Normalizing disrespect
- Overemphasis on Clothing or Appearance
 - Focusing on what children should wear to hide or alter their body shape



What are the Impacts of Weight Stigma?

- 1. Psychological health:** low self-esteem, depression, anxiety, internalized bias
- 2. Physical health:** care avoidance, chronic stress, worsened health outcomes
- 3. Social health:** isolation, bullying, discrimination
- 4. Behaviors:** disordered eating, reduction in motivation to exercise, and overall social withdrawal



How Can You Help?

- Use age-appropriate, body-positive language
- Keep food talk positive
- Support autonomy
 - Teach kids to listen to hunger and fullness cues
- Stress patterns, not perfection
 - No single food makes or breaks health
- Answer questions gently
- Prepare them for outside messages
- Emphasize respect



Be the Advocate They Need:

Change starts with awareness, but it grows through action.

- Reflect on your own bias
- Continue learning from others and having open conversations
 - Every time we speak up, we shift the culture towards more inclusivity

