

This is Me! I Love Me!

Child and Body Image



Children are aware of not only their own body size and shape, but the size and shape of those around them. They are similar in some ways, and different in others. This helps them understand that they are unique, which means: “no one else is exactly like me. I love me!”

Helping children accept their size and shape at a young age is very important for developing their self-esteem. You can teach children that no matter what their shape and body size is, any child can eat healthy and be active.

How to help your child:

- Focus on health not weight
- Teach them that people come in all shapes and sizes, and that is okay

Here a few examples:

- Instead of saying “I’m on a diet, I need to lose weight”, say “I need to eat healthier, to be stronger.”
- If your child’s body shape or size makes them uneasy with other kids, tell your child: “people come in all shapes and sizes” or “people can be healthy and be different sizes.”



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