

Who are we?

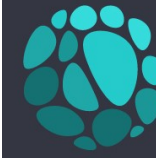
Body Diversity Newfoundland and Labrador (BDNL) is a non-profit organization comprised of professionals and organizations committed to promoting the value of body diversity. BDNL strives to support healthy minds and healthy bodies by creating body positive spaces.



There is additional information and resources on our website on body image and supporting physical and mental health .

Want to learn more about promoting positive body image and the value of body diversity?

www.bodydiversitynl.ca



BODY DIVERSITY
NEWFOUNDLAND & LABRADOR

BODY IMAGE: IT STARTS WITH YOU



**Helping Your
Child Develop a
Positive
Body Image**

EveryBODY Matters

What is body image?

Body image is the mental picture you have of your body, along with your feeling, thoughts and judgments about your body.

Your feelings and thoughts about your body can change over time and may vary depending on who

What is self-esteem?

Self-esteem is how you like, accept and respect yourself overall as a person.

What is the impact of negative body image?

Negative body image can contribute to low self-esteem. This can lead to anxiety, depression, disordered eating and eating disorders.

Having positive self-esteem can help protect against a negative body image.

Ways to Promote a Positive Body Image in Your Child

- Value yourself and others based on actions rather than appearance.
- Teach them that healthy bodies come in many shapes and sizes.
- Avoid commenting on your child's size or body weight.
- Speak positively about your own body.
- Model taking care of yourself with healthy eating, enjoyable physical activity and good sleep habits.

Ways to Support Positive Self-esteem in Your Child

- Notice the things your child does well: praise efforts, not results.
- Let your child know it is ok to make mistake, it is how we learn and grow.
- Your child is unique; do not compare him or her to others.
- Show interest in the things your child likes; set limits but allow choices.
- Actively listen to your child. His or her concerns are real.

You Influence Your Child's Body Image

- Children often copy their parents.
- They say the things you say and do the things you do.
- They believe you when you say your body or someone else's body is not good enough.
- They learn unhealthy behaviours when they see you dieting or weighing yourself.

Influences that Can Impact Your Child's Body Image

- Friends
- Family
- Teachers
- Coaches
- Television
- Websites
- Magazines
- Video Games
- Health Professionals

