

PEOPLE COME IN MANY SHAPES AND SIZES! CELEBRATE WHAT YOUR BODY CAN DO!

Part of healthy living is being comfortable with your body. Parents, teachers and caregivers play an important role in helping children feel good about themselves.

Children's bodies change and grow over time. Here are some tips to help children cope with changes in their bodies:

- ◆ Role-model acceptance of your own body.
- ◆ Avoid making comments about your child's appearance as this puts too much focus on looks. Avoid making comments about your own or other people's appearance.
- ◆ Let children know you love them just the way they are.
- ◆ Teach children to value qualities such as honesty and kindness in themselves and in others.

The most important thing you can do for your child is to role model healthy behaviours and attitudes. If you feel good about yourself, your children are more likely to feel good about themselves, too.

More information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Kelty Mental Health Resources for Parents](#)
- ◆ [Being Me](#) (Kindergarten to Grade 9): Activities and lessons to promote positive body image (PDF)