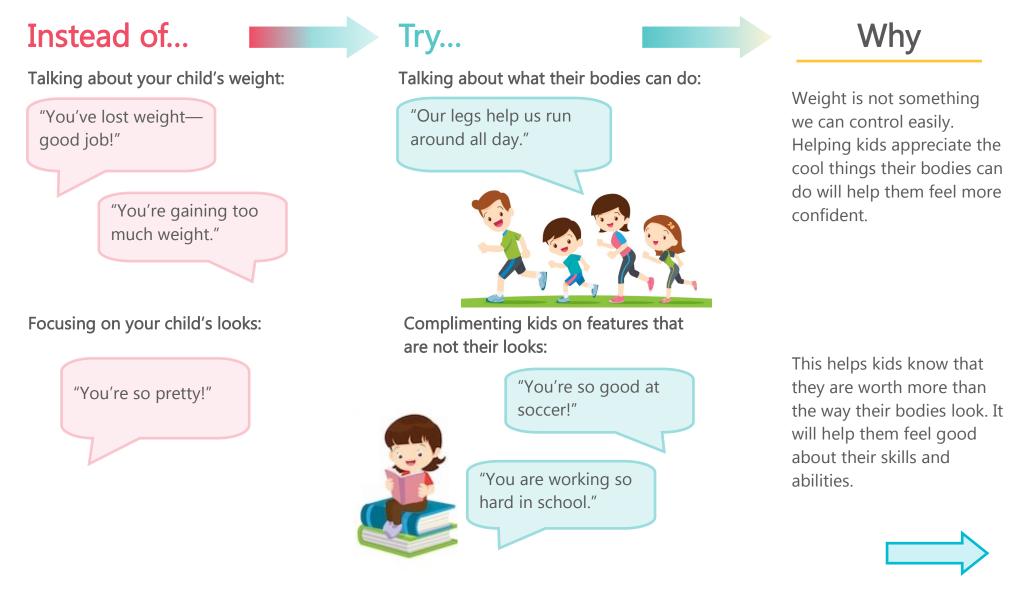
## How to talk to your kids about weight and health

It is normal to think about your child's weight when you think about their health. The way we talk to kids about their bodies is important. Kids can come in all shapes and sizes and be healthy.

## Why is it important?

Even young kids can feel bad about their body shape and size. This can affect their confidence. It can lead to problems with eating, like eating way past feeling full or not eating enough to grow. It also causes a lot of stress.



## Instead of...

Saying bad things about your own body in front of kids:

"I hate the way my stomach looks."

Setting weight loss goals for your child:

"You have to lose weight to be healthy."

"I don't want you to gain any more weight."

Eating less because of weight:

"You can't have more because the doctor said you're overweight."

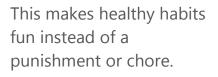


Reminding kids that bodies come in all shapes and sizes:

"Some people are big and some are small. We're all different and that's a good thing"

Setting goals as a family that focus on healthy behaviors:

"Let's take daily walks as a family." "Let's try to eat more colorful veggies at dinner this week."



Why

Kids listen to us and copy our behavior. They will

learn how to feel about

their own bodies by

watching us.

Kids are born knowing when to stop and start eating. When we connect to our body's signals, it's easier to eat the right amount. When we make rules about food, it makes it harder to stop eating.



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"What does your body

feel like when it's full?"

Focusing on how their bodies feel

before and after eating:

"Are you hungry? How

do you know?"

