

LOVE OUR BODIES, LOVE OURSELVES

Celebrate What Your Body Can Do!

Parents, teachers, and caregivers play a key role in helping children and youth maintain a positive body image and to feel good about themselves.

Here are some tips to help kids develop and maintain a positive body image and self-esteem:

- ◆ Let kids know you love and accept them just the way they are!
- ◆ Give kids chances to learn what they are good at and what they enjoy.
- ◆ Teach kids to value non-appearance qualities such as kindness, honesty, and curiosity.
- ◆ Model healthy behaviours and attitudes.
- ◆ Diversity is healthy and normal: talk about how bodies come in all shapes and sizes.
- ◆ Avoid making comments about your own or other people's weight, size, or shape.

Remember, you are a powerful role model: eat a variety of foods together, move daily, hydrate often, sleep lots, feel your emotions, and love or respect your body.

For more information:

- ◆ [Public Health Nutrition](#)
- ◆ [Embody: raising kids with a healthy body image](#)
- ◆ [Kelty Mental Health](#)
- ◆ [MediaSmarts](#)

Public Health Units: www.islandhealth.ca/our-locations/health-unit-locations

Healthy Schools: www.islandhealth.ca/healthyschools