

SPOTLIGHT: HOW TO TALK TO YOUR CHILD ABOUT WEIGHT & HEALTH



Children often receive unhelpful and sometimes harmful messages about weight and body size. Parents sometimes find themselves concerned about their child's health and weight, but not sure how to talk to them about it. While parents can't control what their child may hear outside of your home, you can empower them to recognize unhelpful body image messages when they hear them.

Let's explore what's not helpful when talking about your child's weight. It's not helpful to discuss your child's body shape or size, even if you're commenting about it being "good." Do not suggest that they need to gain or lose weight or tell them they need to go on a diet. This approach can make your child feel bad about themselves, encourage unhealthy eating behaviors, can lead to a lifetime of shame associated with their body and in some cases contribute to eating disorders.

Instead, shift the focus to your child's health instead of weight. Ask yourself, "what can I do to help my child learn healthy habits?" Recognize that this includes things like helping your child get enough sleep, movement, manage stress, and establish good eating habits. It's also important to model these healthy habits in front of your kids and speak kindly about your body shape and size as well and not discuss dieting.

IN THE KITCHEN



Ingredients

- 1 cucumber, diced
- 3 cups diced watermelon
- 1 mango, diced
- ½ bell pepper, diced (red or yellow)
- ¼ cup diced red onion
- 8 fresh basil leaves, finely chopped
- 1¼ teaspoon lime zest (about 1 lime)
- ¼ cup lime juice (about 3 limes)
- 1 tablespoon honey
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt

Directions

Combine cucumber, watermelon, mango, bell pepper, onion, and basil in a large bowl. To a small bowl, add lime zest, lime juice, honey, garlic powder and salt, and whisk together. Pour lime juice mixture over salsa and mix gently. Serve with chips. Recipe from: <https://recipes.doctoryum.org/en/recipes>

CUCUMBER WATERMELON SALSA

TABLE TALK

5 Phrases that can Help Guide the Conversation

"Bodies come in lots of different shapes and sizes."

"All different types of bodies can be healthy."

"Everyone has fat on their body. Some people have more, and some have less. Fat helps keep us warm and gives us energy."

"You can't tell if someone is healthy just by looking at their body size or shape. All different types of bodies can be healthy."

"We cannot control our body size, but we can control some of the things that help us feel healthy like drinking enough water, eating foods from all the food groups, getting enough sleep, playing outside and moving our body, and spending time with friends and family."

For more resources on this topic visit: <https://kidseatincolor.com/parent-toolkit/>



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