

LOVE OUR BODIES, LOVE OURSELVES CELEBRATE WHAT YOUR BODY CAN DO!

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

Here are some tips to help kids develop 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 qualities such as kindness, honesty and curiosity
- ◆ Focus on the health benefits of being active (not just as a means to control weight)
- ◆ Model healthy behaviours and attitudes
- ◆ Talk about how healthy bodies come in all shapes and sizes
- ◆ Avoid making comments about other people's weight, size or shape

Remember, you are a powerful role model: Eat well, Move daily, Hydrate often, Sleep lots, Feel your feelings, and Love your body.

More information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Love Our Bodies, Love Ourselves](#) (Jessie's Legacy)
- ◆ [Kelty Mental Health](#) Resources for Parents and School Staff
- ◆ [Being Me](#) Action Schools! BC Resources – activities to promote positive body image (Kindergarten to Grade 7)
- ◆ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)