

Positive Role Modelling

Fostering a healthy body image is important for your children to feel good about themselves. A healthy body image leads to higher self-esteem and often to making healthier and more positive life choices overall. You can help your child have a positive body image by:

- **Being a positive role model** – your actions and words can influence a child's self-image. Be aware of the messages you send about your body and the comments you make about the appearance of others. If you eat well, your child will too.
- **Banish teasing** – Let children know that judging people by their weight or looks is unacceptable. Teach kids to treat others with respect. Children come in different shapes and sizes.
- **Talk about their insides not their outsides** – Encourage kids to focus on their abilities rather than their appearance. Help them to focus on things they are good at and things they like about themselves.

Together we can make the healthy choice the easy choice!

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