

# DO'S AND DON'TS

## FOR SELF ESTEEM AND BODY IMAGE

Try your best not to talk about body, weight, shape or size. Focus on what the body can do instead. Try not to comment on weight loss or weight gain (or people's bodies in general).  
Avoid using comments like, "you look so skinny!"

Be kind to yourself (this includes not talking about dieting or what foods you are or are not eating) - children are always listening. Don't let your insecurities become theirs.

Focus on inner qualities and abilities - do not let the main focus be on appearance.

Cook healthy, balanced meals with your family.  
Eat together. Eat the same meals.

Avoid labelling food as "good" or "bad/junk" but rather "sometimes" foods when referring to treats (these should not be eliminated entirely).

Encourage and demonstrate physical activity because you love your body- not because you hate it. Do what you enjoy because it makes you happy and makes you feel good.

We're here to help. Contact BANA if you have further questions about Self Esteem and Body Image.

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