

How to have conversations with your child about body diversity

You can approach conversations about body diversity by encouraging your child to:

1 Think about how they feel and treat others

We all look different on the outside, but experience many of the same feelings and emotions on the inside. Help your child understand that what matters is not what people look like, but how they act and treat others.

→ Here are some examples of how to respond to your child:

- It sounds like your body has helped you do amazing things today.
- I believe all bodies are wonderful. What do you think?

→ Body positivity is appreciation of all body types.

→ Body diversity refers to different body shapes, sizes, weights, heights and abilities.

2 Embrace their background and life experiences

All bodies are good bodies! People come in different shapes and sizes, and some of us live in larger bodies compared to others. We all have different abilities, backgrounds, and life experiences too. All of these differences are what make us unique. Help your child embrace who they are.

→ Everybody deserves to be seen

Children with disabilities may feel left out of discussions about body image and diversity since their body type is often underrepresented in the media.

✓ Try it!

- Introduce your child to people with different backgrounds and experiences.
- Show your child examples of people who make a positive impact on society and their community.
- Discuss how people's body shape or size doesn't affect their ability to do good things.
- Find images that show lots of different kinds of bodies in movies, toys, and books.
- Talk to them about who they follow on social media.
- Explain that pictures on social media are often changed to make people look a certain way that is not realistic.

3 Appreciate their body

Our bodies can do amazing things! Recognise that this might look different for each child because all bodies have their own needs and abilities. For example:

- Arms might let us hug our loved ones
- Lungs can help us get air into our body
- The heart pumps blood into our bodies
- Senses like smell, taste or touch help us understand the world around us

A parent guide for confident conversations about weight

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