






What words should I use when talking about weight?

When talking about weight and body image with your child, it is important to think about what you want to say and the words you use. **Your words matter.** **What you say can have an impact on how your child feels about their body.** Below are some suggestions for you and your family to try. Keep discussions positive!

➔ **Body image** is how a person thinks about their physical body. This may be positive, negative or both.

What to say...to your child

Instead of saying ...	✓ Try	Say
<ul style="list-style-type: none"> I think you need to lose some weight. I've noticed you're getting fat. You should go on a diet. 	<p>Focusing on health, not appearance or weight</p> 	<ul style="list-style-type: none"> We are going to try something new because we want the whole family to feel good. You can't tell how healthy someone is just by looking at them. Eating meals with different foods and being active in different ways will help your body grow and develop into the shape and size it is meant to be.
<ul style="list-style-type: none"> You're fine. You have nothing to worry about. Just don't think about it. 	<p>Hearing their concerns</p> 	<ul style="list-style-type: none"> Tell me what's bothering you. Did something happen to make you think this? You can tell me anything you're worried about. It sounds like you're having a tough time. The most important thing is to listen to your body. What would you say to your friend if they felt this way about their body?
<ul style="list-style-type: none"> That food will make you slimmer. That food has too many calories. This food is fattening and unhealthy. You better not have dessert tonight if you want to lose weight. 	<p>Recognizing and praising healthy behaviours</p> 	<ul style="list-style-type: none"> Drinking water is a great choice when you are thirsty! Let's try a new fruit or vegetable this week. There are some foods that your body needs everyday to help you to grow strong and healthy.
<ul style="list-style-type: none"> You need to be more active. 	<p>Making it a family effort</p> 	<ul style="list-style-type: none"> Let's plan a family activity that gets us moving. Thank you for inviting me to go to the park. What a great idea. Why don't we put our favourite music on and move our bodies!
<ul style="list-style-type: none"> I'm concerned you're overweight. That person is fat. 	<p>Taking a positive tone</p> 	<ul style="list-style-type: none"> Fat is not a word we use to hurt people. Fat helps us! It is an organ that helps our body work. All bodies are good bodies. Just as some people have blond hair and others have brown hair, some people are smaller, and some people are bigger! Fat is not a personal trait.

A parent guide for confident conversations about weight

