

# How can you help children with their body confidence?

We get asked that question a lot during our **free** healthy lifestyle programme, Beezee Families. And because we work with so many families like yours, we understand the challenges of body positivity. So, as a parent or carer, what can you do to help?



- **Become a role model** – look in the mirror with your child and say three positive things about your bodies.
- **Health matters** – promote nutrition, exercise and good sleep.
- **Celebrate diversity** – teach your children about different body types, abilities and cultures.
- **Personal qualities** – value kindness, intelligence and creativity.

- **Express themselves** – encourage your children to use art, music, sport or play for self-expression.
- **Misleading media** – help your children see beyond unrealistic images of body and beauty.

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