

DO I CONTRIBUTE TO ANOTHER'S EATING DISORDER?

What we hear, think and say has a profound impact on how we feel about our bodies. The following are ways in which we might unintentionally encourage eating disorders.

- Praising or glorifying another's appearance based on body size or attractiveness
- Complimenting someone when they lose weight or diet
- Encouraging someone to lose weight
- Talking negatively about our bodies
- Discussing measurements, weight or clothing sizes
- Thinking of foods as "good" or "bad"
- Making fun of another person's eating habits or food choices
- Criticizing our own eating
- Considering a person's weight important
- Saying someone is "healthy" or "well" because she is thin
- Expecting perfection
- Encouraging more exercise than is healthy
- Assuming that a large person wants or needs to lose weight
- Allowing the media to dictate what body type is "in"
- Discussing weight, shape and appearance of others in judgmental terms
- Showing excessive concerns about your child's weight or shape
- Responding negatively to changes in your daughter's body as she matures



For more information, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit www.renfrewcenter.com.

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