

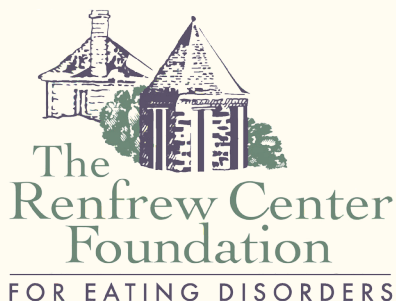
EATING DISORDER PREVENTION TIPS FOR PARENTS

DO

- Examine your own beliefs and behaviors related to body image and weight and consider how your children might interpret the messages they get from you.
 - Encourage healthy eating and exercise.
 - Allow your child to determine when he/she is full.
 - Talk about the variety of different body types and the fact that they can all be acceptable and healthy.
 - Discuss the dangers of dieting.
 - Tell your child you love him/her for what is inside, not because of how he/she looks.
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DON'T

- Label foods as “good” or “bad.”
- Use food for rewards or punishments.
- Diet or encourage your child to diet.
- Comment on weight or body types: yours, your child’s or anyone else’s.
- Allow teasing or making fun of anyone based on physical characteristics, including size.



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

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