

Eating Disorder Prevention Tips for Parents



The Renfrew Center Foundation was established in 1990 due to the strong need for public and professional awareness regarding anorexia, bulimia and binge eating disorder. Today, the Foundation is dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

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.

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**