



➔ How to Spot Early Body-Image Issues

Research has shown that 42 percent of first- to third-grade girls want to be thinner, and rates of eating disorders such as anorexia and binge-eating disorder are on the rise in both girls and boys, according to the National Eating Disorders Association. It can be tough to catch these problems because doctors often think elementary-school kids are too young to suffer, and screenings aren't part of normal visits, says Connie Quinn, D.S.W., site director for The Renfrew Center of New York, which specializes in education and treatment for eating

disorders. Consider having your child evaluated by a specialist if you notice any of these signs.

- She develops a new fascination with her body size or shape, or with dieting.
- You find wrappers or hoarded food in your child's bedroom.
- Your child suddenly refuses to eat breakfast or dinner, or you often find uneaten lunches in his backpack.
- Food disappears from the fridge or cupboard without explanation.
- Your child replaces a once-loved treat with something "less fattening" or starts doing things like taking the cheese off pizza to "save calories."