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## DITCH THE "BAD BODY" CHAT

Evidence shows the way we talk about our own body can really impact the way our kids think and feel about theirs. You don't need to strut around like Beyoncé, but cancelling the negative body chat and keeping things neutral is proven to really help children feel better too.



## TRY SOME GRATITUDE

Gratitude is a powerful tool to help flip things from negative to positive and can be a brilliant way to appreciate our bodies for what they can DO over what they look like. Try a simple gratitude practise each day with your kids - pick one thing you're grateful your body can do today and ask them to share theirs too.



## BRING THE BODY DIVERSITY

We need to see it to be it, but so much of kids' media is lacking in body diversity (ie. they often only get to see one type of body - a thin body - celebrated). Bring the body diversity they may not see elsewhere through story books, cartoons and films that celebrate ALL bodies. Check out our book shop and our monthly newsletter for tips on media we love!



## MANTRAS FOR LIFE

Affirmations are a proven tool to help boost self-esteem and resilience. You don't need to stand in a mirror and repeat them constantly, but even just saying a positive mantra to yourself and your kids once each day can help cement body happy thoughts. Check out our Pocket Boosters (our affirmation activity card packs) for ways to make this interactive and fun for kids.



## WHAT WE READ AND WATCH MATTERS

Just like what we see on our social media feeds matters, what we read and watch matters too. It can be useful to have regular "clear-outs" to check the books, toys and YouTube channels your kids are playing with, reading and watching are showing a diverse range of people and bodies.



## BE GENTLE WITH YOURSELF

We don't unlearn a lifetime of negative messages overnight and diet culture is everywhere, so it's natural to slip up occasionally. Practise self-compassion, be gentle with yourself and role model what self-love really looks like for your kids too.