
Parent Workshop:

Supporting Children to Develop a Positive Body Image

Taller para padres:

Apoyar a los niños para que desarrollen una imagen corporal positiva

Magaly Martin,
School Counselor at Grimmer Elementary,
Consejera escolar en la primaria Grimmer
mmartin3@fusdk12.net



Housekeeping Rules / Reglas de limpieza

1. Please keep yourself muted.
2. Type your child's name in the chat.
3. Submit any questions in the chat
4. The presentation will be available on the Grimmer website

1. Por favor manténgase en silencio.
2. Escriba el nombre de su hijo/a en el chat.
3. Envíe cualquier pregunta en el chat.
4. La presentación estará disponible en la página web de Grimmer

Positive Affirmations / Afirmaciones positivas



Body Positive Affirmations for Kids
www.rozmaclean.com

My arms give good hugs

My body is strong

My body helps me play

I can trust my body

All bodies are different

I am thankful for my body

My body can dance

My body needs rest

My body is just right

My body can move

My body is one of a kind

My body takes me places

My body deserves kindness

Children and Body Image

- A positive body image is about respecting your body whatever its shape, size or color. It is important to enjoy what your body can do and feel, because when we feel good about our body, we are more likely to care for it.
- To grow healthy and strong, children need to feel good about themselves.
- Research suggests that children as young as 3 years old can have body image issues.



Niños e imagen corporal

- Una imagen corporal positiva consiste en respetar tu cuerpo sea cual sea su forma, tamaño o color. Es importante disfrutar de lo que tu cuerpo puede hacer y sentir, porque cuando nos sentimos bien con nuestro cuerpo, es más probable que lo cuidemos.
- Para crecer sanos y fuertes, los niños necesitan sentirse bien consigo mismos.
- Las investigaciones sugieren que los niños de hasta 3 años pueden tener problemas de imagen corporal.



Body Image and Media

- The overwhelming message from media is that thinner is better.
- Social media in particular can be a harmful space for children when it comes to issues of self-esteem and body image. This is especially troubling in light of recent reports about kids' screen time skyrocketing, and the fact that this increase in online time has been linked to increased anxiety and mental distress.



Imagen corporal y medios

- El mensaje abrumador de los medios es que cuanto más delgado, mejor.
- Las redes sociales en particular pueden ser un espacio dañino para los niños cuando se trata de temas de autoestima e imagen corporal. Esto es especialmente preocupante a la luz de los informes recientes sobre el aumento vertiginoso del tiempo de pantalla de los niños, y el hecho de que este aumento en el tiempo en línea se ha relacionado con una mayor ansiedad y angustia mental.



Body Image and Media

- Body image problems can arise in very young kids due to images on TV, images in storybooks and animations and the general chat by adults about their bodies, dieting, cosmetic surgery, etc.
- Children absorb harmful messages about their bodies from an early age, which can lead to bigger problems like low self-esteem, depression, and disordered eating.

Imagen corporal y medios

- Los problemas de imagen corporal pueden surgir en niños muy pequeños debido a las imágenes en la televisión, las imágenes en los libros de cuentos y las animaciones y la conversación general de los adultos sobre sus cuerpos, dietas, cirugía estética, etc.
- Los niños absorben mensajes dañinos sobre sus cuerpos desde una edad temprana, lo que puede conducir a problemas mayores como baja autoestima, depresión y trastornos alimentarios.

Fat Shaming / Avergonzar a otros por su peso

DO YOU FAT-SHAME YOUR CHILD?

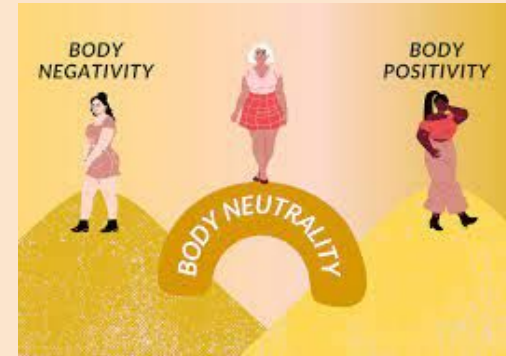
Here are some statements you should NOT say to your child or teen:

- “You need to be careful - you’re getting a spare tire”
- “You have such a pretty face, it’s a pity you’re so chubby”
- “You have grown out of your clothes already?”
- “Boys don’t date fat girls”
- “Keep eating like that and you’re not going to be able to run”
- “Are you sure you want to eat that?”
- “Wear loose clothes, so your bulges don’t show”
- “If you weren’t so curvy, you would have been able to fit into your cousin’s clothes”
- “You’re too chunky to do ballet/gymnastics or any physical activity”
- “Look at how athletic your friend is”



Teaching Children to be Confident in their Bodies

1. **Speak kindly about your own body** by showing it a healthy level of acceptance and respect.
 - a. Focus on what it can do instead of what it looks like.
Ex: "I love that my arms can lift you up high."
 - b. Talk about strengths, skills and qualities more than appearance. *Ex: "I am good at cooking" or "I like to be kind to others."*
 - c. Don't talk about weight, or body parts you dislike, especially in front of children.



Enseñar a los niños a tener confianza en sus cuerpos

1. **Habla amablemente de tu propio cuerpo** mostrándole un nivel saludable de aceptación y respeto.
 - a. Concéntrese en lo que puede hacer en lugar de en lo que parece. Ejemplo: "Me encanta que mis brazos puedan levantarte en alto".
 - b. Habla de fortalezas, habilidades y cualidades más que de apariencia. Ej: "Soy bueno cocinando" o "Me gusta ser amable con los demás".
 - c. No hables sobre el peso o las partes del cuerpo que no te gustan, especialmente frente a los niños.



Teaching Children to be Confident in their Bodies

2. **Speak kindly about your child's body by showing unconditional love and acceptance**, no matter what.
- Try not to compare your child to others.
 - Talk about what's on the inside more than what's on the outside. It's important that most of the praise your child receives from you doesn't have anything to do with what they look like. Ex: *"You're great at giving things a go"* or *"you're so creative."*

Non-appearance related compliments



I admire your strength



You are a good friend



I love how you are able to see the good in everyone



You are so resourceful



The world is lucky to have you



I feel safe around you

Enseñar a los niños a tener confianza en sus cuerpos

2. **Hable amablemente sobre el cuerpo de su hijo mostrándole amor incondicional y aceptación**, pase lo que pase.
 - a. Trate de no comparar a su hijo con otros.
 - b. Habla más de lo que hay dentro que de lo que hay fuera. Es importante que la mayoría de los elogios que su hijo reciba de usted no tengan nada que ver con su apariencia. Por ejemplo: "Eres genial para probar las cosas" o "eres muy creativo".

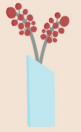
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Teaching Children to be Confident in their Bodies



3. Speak kindly about other people's bodies

- a. Use everyday situations to talk with your children about diversity in our society. *Ex: "Everybody's body is different and all bodies deserve respect."*
- b. Take care with your choice of words when talking about other people, even when you think your child is not listening in.
- c. Teach your older children to be critical of the images that they see in social media. This is called [media literacy](#).

Enseñar a los niños a tener confianza en sus cuerpos

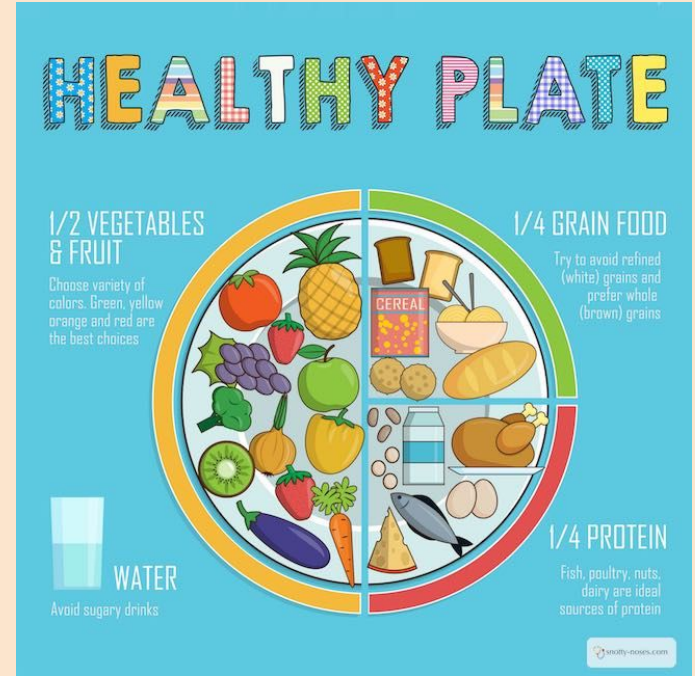


3. Hablar amablemente sobre los cuerpos de otras personas.

- a. Utilice situaciones cotidianas para hablar con sus hijos sobre la diversidad en nuestra sociedad. Ejemplo: "El cuerpo de cada persona es diferente y todos los cuerpos merecen respeto".
- b. Tenga cuidado con su elección de palabras cuando hable de otras personas, incluso cuando crea que su hijo no está escuchando.
- c. Enseñe a sus hijos mayores a ser críticos con las imágenes que ven en las redes sociales. Esto se llama [alfabetización mediática](#).

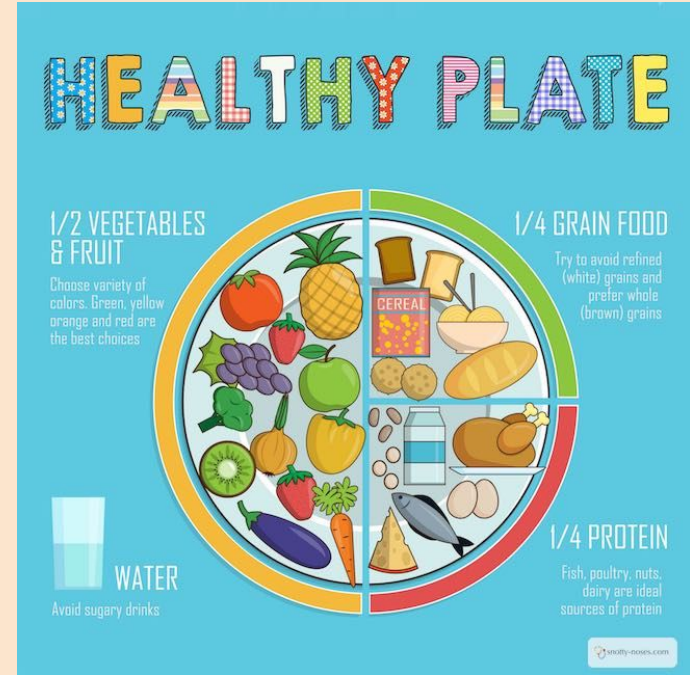
Tips Continued

- **Emphasize exercise and healthy eating over their weight.** Spend family time doing active things like playing outside, riding bikes, and going to the park. When you go grocery shopping, let kids help you choose healthy fruits and vegetables and read nutrition labels together to teach kids about healthy eating habits.



Consejos continuados

- **Enfatice el ejercicio y la alimentación saludable sobre su peso.** Pase tiempo en familia haciendo cosas activas como jugar afuera, andar en bicicleta e ir al parque. Cuando vaya de compras al supermercado, deje que los niños lo ayuden a elegir frutas y verduras saludables y lean juntos las etiquetas nutricionales para enseñarles a los niños hábitos alimenticios saludables.



Tips Continued



- **Focus on health and wellness and less on fear and deprivation.** When shaping kids' behavior, it's most effective to tell them what to do instead of what not to do. Focus on eating healthy foods that taste delicious and give us energy instead of on how bad candy is for us.
 - It's much more enjoyable to think about how to keep our bodies healthy and strong than it is to focus on prohibited foods. Explain to kids that our bodies need good sources of fuel, but balance in life is also important. Exercise should be enjoyable too. Frame all active behavior as doing something important and helpful for kids' bodies.

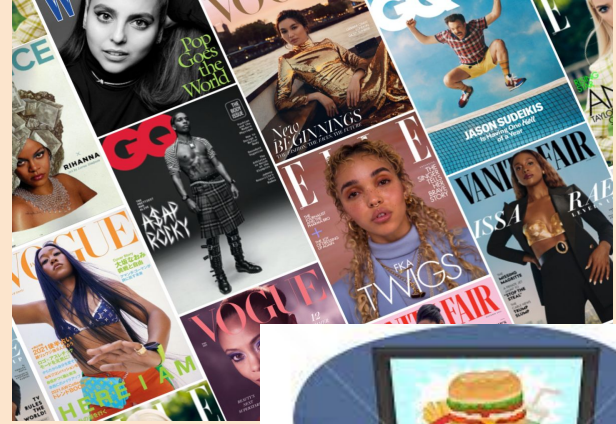
Tips continuados



- **Concéntrese en la salud y el bienestar y menos en el miedo y la privación.** Al moldear el comportamiento de los niños, es más efectivo decirles qué hacer en lugar de decirles qué no hacer. Concéntrese en comer alimentos saludables que tengan un sabor delicioso y nos den energía en lugar de lo malos que son los dulces para nosotros.
- Es mucho más agradable pensar en cómo mantener nuestros cuerpos sanos y fuertes que concentrarse en los alimentos prohibidos. Explique a los niños que nuestros cuerpos necesitan buenas fuentes de combustible, pero que el equilibrio en la vida también es importante. El ejercicio también debe ser placentero. Enmarque todo comportamiento activo como algo importante y útil para el cuerpo de los niños.

Tips Continued

- **Talk about gender and body stereotypes in ads and media.** View content with your child and when you see commercials or TV shows or movies that feature women in skimpy costumes or make unhealthy foods look tempting, talk about what's wrong with these images.
 - “Wow, everyone on this show looks the same. That's not how it is in the real world.”

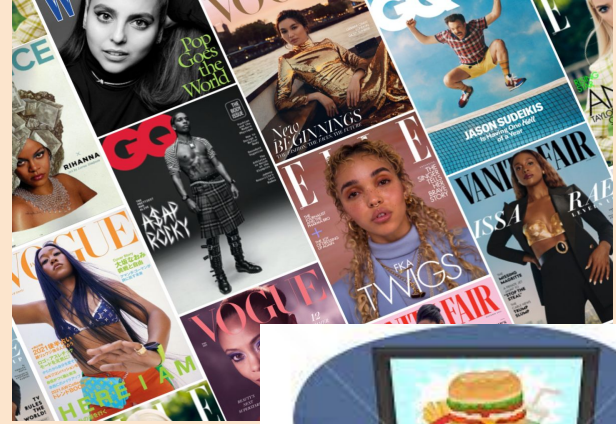


Consejos Continuados

- **Hable sobre los estereotipos de género y corporales en los anuncios y los medios.**

Mire contenido con su hijo y cuando vea comerciales, programas de televisión o películas que muestren mujeres con disfraces diminutos o que hagan que los alimentos poco saludables parezcan tentadores, hable sobre lo que está mal en estas imágenes.

- “Wow, todos en este programa se ven iguales. No es así en el mundo real”.



[pixtastock.com](https://www.pixtastock.com) - 53908307

Tips Continued

- **Limit screen time.** Studies have shown that cutting back screen time can reduce kids' risk of obesity and even improve grades. Teach kids to view junk food ads, which are now even following kids online, with an understanding of what they are trying to sell and talk about why these foods are bad for their health.
 - [Screen Time Apps](#) to monitor and limit screen time

SCREEN TIME



Unstructured

3+ hours a day
Unsupervised use
Used as a babysitter
Passive watching
Used during meals
No child lock



Structured

- Up to 1 hour a day
- Rules and limits are set
- Parents are involved
- Talking and engaging
- No screens at the table
- Educational content

Consejos Continuados

- **Limite el tiempo de pantalla.** Los estudios han demostrado que reducir el tiempo de pantalla puede reducir el riesgo de obesidad de los niños e incluso mejorar las calificaciones. Enseñe a los niños a ver anuncios de comida chatarra, que ahora incluso siguen a los niños en línea, con una comprensión de lo que están tratando de vender y hable sobre por qué estos alimentos son malos para su salud.
 - Aplicaciones de tiempo de pantalla para monitorear y limitar el tiempo de pantalla

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Children, Teens, Media, and Body Image

Our review of dozens of research studies on body image reveals its importance to kids' healthy development and the influential power of media – and parents – to shape attitudes and behaviors, beginning when kids are very young.

Children, Teens, Media, and Body Image Infographic

Infografía sobre niños, adolescentes, medios e imagen corporal

Many kids are dissatisfied with their bodies, and society's body appearance ideals are highly unrealistic.

Body image is really important for self-esteem, which is crucial to a young person's development, and disorders linked to poor body image can result in serious mental and physical health issues.

Get involved

- Tune into kids' lives (ask about friends, school, and feelings).
- Nurture a positive self-image.
- Step in when kids need support



of 10-year-old American girls have been on a diet.



More than half of girls and 1/3 of boys as young as 6 to 8 feel their ideal body is thinner than their current body size.

You are your child's first teacher.

You have a lot of power to shape their attitudes, values, and behavior.

Ban "fat talk"

- Say why you appreciate your own body.
- Watch your comments about other people's bodies and appearance.
- Be active and eat well for health, not size.



5- to 8-year-olds who think their moms are dissatisfied with their bodies are more likely to feel dissatisfied with their own bodies.

Body image concerns start earlier than you think; even preschoolers learn that society judges people by how they look.

Ideas and habits formed young last a lifetime.

Start early

- Emphasize health not weight.
- Teach appreciation for all types of people.
- Focus on talents and strengths.

Boys have issues with body image too.

Boys' own body concerns and risky behaviors can go unnoticed, and their role in supporting healthy attitudes among girls is vital.

Pay attention to your son, too

- Listen for negative body talk.
- Look for dramatic weight loss or gain.
- Check the messages from coaches, peers, and online forums about weight, exercise, and muscle-building.



Measurements of toy male action figures exceed even that of the biggest bodybuilders.

Unrealistic, sexualized, and stereotypical images and messages about bodies and gender are rampant on the media your kid consumes.



of female TV characters aged 10 to 17 are below average in weight.

Media is influential — if all your child sees are unrealistic body types she'll come to believe they're the ideal.

Immunize your child

- Choose quality media with diverse characters.
- Question assumptions about appearance.
- Challenge stereotypes about gender, body types, abilities.



of teen girls say they use social media to "make themselves look cooler."

Teens feel pressure to look good and cool online, but also feel social media helps their friendships and connections.

Kids live in a constant feedback loop of criticism and connection that moves quickly and is difficult to escape.

Be a social media supporter

- Help teens find supportive online communities.
- Encourage social media breaks when online drama heats up.
- Ask teens how online feedback makes them feel.

Methodology: For this report, we conducted a review of the published research literature on body image in relation to various types of media, among children and teens. We also included relevant research among young adults, and related topics such as gender roles and sexualization. We also scanned popular culture for exemplars and trends on this topic and developed case studies or examples as pointers for intervention. For more details on methods, studies reviewed, and key findings, see the full report at www.common sense media.org/research/children-teens-media-and-body-image.

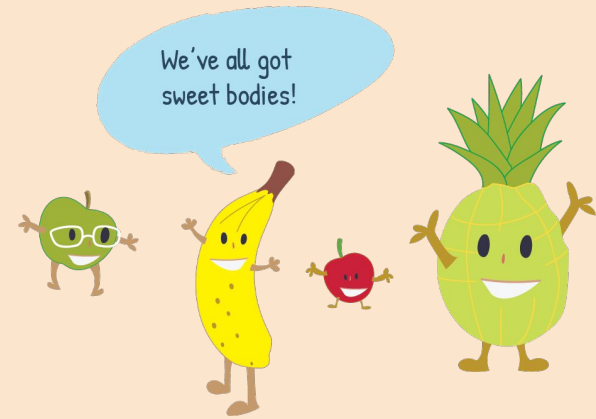
1: Hayes & Tantleff-Dunn, 2010; Lowes & Tiggemann, 2003; 4: Northup & Liebler, 2010; 5: Pope, Olivardia, Gruber, & Borowiecki, 1999; 6: Common Sense Media, 2012

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Body Confidence / Confianza corporal

- By laying a strong foundation of healthy attitudes, parents can prepare their kids to enter adolescence, when body image issues increase. We want children to be confident that they have strong, healthy bodies in whatever size that is just right for them.
- Al establecer una base sólida de actitudes saludables, los padres pueden preparar a sus hijos para entrar en la adolescencia, cuando los problemas de imagen corporal aumentan. Queremos que los niños se sientan seguros de que tienen cuerpos fuertes y saludables en cualquier tamaño que sea adecuado para ellos.



Parent Resources



1. [Children's Books that Promote a Healthy Body Image](#)
2. [The Dove Self-Esteem Project](#)
3. [How to Help Kids Develop a Healthy Body Image](#)
4. [How to Help Your Daughter Have a Healthy Body Image](#)
5. [What is an Eating Disorder and When to Worry](#)

Recursos para padres



1. [Libros infantiles que promueven una imagen corporal saludable](#)
2. [El proyecto Dove para la autoestima](#)
3. [Cómo ayudar a las niños a desarrollar una imagen corporal saludable](#)
4. [Cómo ayudar a su hija a tener una imagen corporal saludable](#)
5. [¿Qué es un trastorno alimentario y cuándo preocuparse?](#)

Questions? / ¿Preguntas?



Thank you! / ¡Gracias!



References / Referencias

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