Hi From the School Nurse

It is important to promote children’s perceptions of their body image from a young age. This will also assist them during their challenging teenage years.

Here are a few tips on how to help your children have a healthy body image;

**Healthy body image**

- Encourage healthy eating and physical activity;
- Organise fun, family activities which encourage everyone to be active;
- Help children to see ‘treat’ foods, such as lollies, biscuits, chips, cakes and ice cream, as food which should be eaten only occasionally – not every day.
- Provide healthy meals and snacks every day;
- Be a positive role model for healthy eating and physical activity – children notice what their parents do. Parents are the most important teachers when it comes to healthy lifestyle.
- Help your children to understand that there is no such thing as an ideal body shape and that ‘healthy’ people come in many shapes and sizes.
- Help your children feel special about themselves. Provide rewards and treats which are not food.
- Teach children that a person’s value is not determined by how they look.
- Avoid making comments about body weight. Focus on growth, not on scales.
- Don’t focus on weight and food restriction – focus on improved health, fitness and having fun.

For more information visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au) and [info@maggiedent.com](mailto:info@maggiedent.com)

For any questions or queries regarding any health issues please don’t hesitate to contact me by leaving a message in the front office or alternatively Phone: 9777 0406 or tracie.bremner@health.wa.gov.au

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