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HEALTH NOTES

Body Image

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It is not uncommon to see children looking in a mirror to identify their shortcomings. People see the super thin or muscular body as an ideal to achieve even if it is neither realistic nor good for health.

Here are some ways to encourage a healthy body image:

- Enjoy, taste and savour your food.
- Do not use food as a reward or punishment.
- Recognize the ads for what they are: unrealistic, unhealthy and for sales.
- Celebrate the successes of your child.
- Do not comment on the weight or appearance of people.
- Be physically active as a family.
- Be a role model for your child.
- Recognize that diets do not work.
- Teach your child that it is normal to change weight and shape during the period of puberty.
- Talk with your child about how he/she feels.

If you suspect your child has an eating disorder, consult your doctor today or visit this web site, <http://www.northeden.info>.

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