



## Healthy Bodies



Research shows healthy eating and being active can improve health regardless of weight changes. Weight is not always a good measure of health. Children look to adults as they develop their views about weight and body image. Parents can play a vital role in helping children feel good with their body, and to value and like themselves for who they are.

What parents can do:

- Help children know people come in many shapes and sizes.
- Become aware of the messages and comments you send about your own body and other people's bodies.
- Teach your child not to tease others about weight.
- Talk about how the media promotes an unrealistic body shape and size.
- Praise your child for their talents and skills, and focus on health rather than on appearance.

For more information contact Ottawa Public Health at 613-580-6744 or visit [www.ottawa.ca/health](http://www.ottawa.ca/health).