

How To Help Your Child Build a Health Relationship With Their Body

4 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PL2GRIWFD08](https://www.youtube.com/watch?v=PL2GRIWFD08)

<https://www.youtube.com/watch?v=pL2gRiWfDo8>

SUMMARY

The discussion highlights the impact of parental attitudes towards body image on children, emphasizing the need for parents to model healthy behaviors and attitudes about food and self-image. It stresses the importance of communication and fostering a positive environment to help children develop a healthy relationship with their bodies.

- Children learn about body image primarily through parental behavior rather than direct discussions.*
- Over 28% of young women in India report body dissatisfaction, with a notable percentage of teens experiencing eating disorders.*
- Parents should avoid negative comments about their own bodies to prevent influencing their children's self-esteem.*
- Food should be viewed as nourishing and healing, rather than dissected into macronutrients.*
- Body positivity issues affect both girls and boys, with societal pressures impacting adolescent males as well.*
- Parents should encourage fitness and health over beauty standards, promoting active lifestyles.*
- Open communication is crucial for understanding children's insecurities and pressures.*
- Building a strong bond with children from a young age fosters trust and openness about their feelings.*

oh my God you've lost so much weight you're looking so good please I'm looking very fat you know this very fat I just don't like it can you take that picture again I don't think I'm looking very thin I I'm looking quite fat this one actually makes me look thinner oh my God I am I cannot eat this I'm on an absolutely low carb diet so please this this is something I just cannot eat oh my God I put on so much

weight this is each one of us every single time with standing on the wing scale guess what our kids are watching us all through this you realize how this may negatively impact your child about their own body realize that children observe and learn even if you are not discussing these topics with them up front they are learning far more by watching you versus listening to you so

as parents we need to watch what we discuss in front of them each time that they are around and model these same behavior even when they're not around till it becomes a habit when you say I must lose weight your child perceives it as Mom is not happy with how she looks she's not happy with her body and that thought stays in their mind it lingers on you may think it's very small they're not em bibing it but

guess what they are it's impacting them one step at a time in India more than 1/4 young women roughly around

28% reported moderate to severe body dissatisfaction among teens ages 13 to 18 3.8% of females and 1.5% of males are reported to have an eating disorder according to the National Institute of Mental Health Data also shows of the same study that a majority of the targeted audience that is roughly around

82% have heard negative comments regarding body image question question is how can you help as a parent help develop a healthy relationship with food don't look at food and dissect our plates as carbohydrates proteins fats sugars let's look at food as food heals us food is nourishing food is medicine mod a happy body image be it about yourself or your teenager happy moms always raise happy kids and that's something we've been seeing on kid stress

always moms of boys if you think you could actually be spared let me tell you body positivity and confidence issues are not just for girls reports have also stated how adolescent boys have reported being dissatisfied with how they look and the societal pressure to look a certain way talk to them about social media and tell them not to get influenced by everything that they see let them know that someone else is highlight is not their real life that is

very very important it is often reported that teens feel very dissatisfied with their their bodies and their own appearance and about their social status looking at social media let's bring the change as parents focus on Fitness and good health rather than Beauty and shape and size let's get our kids passionate about sports outdoor activities travel talk to your kids every single day about building a stronger body than losing weight that's what we need to do as

parents communication communication is the key to everything in a parent life communicate because you need to understand what are your teenagers thinking what's going on behind their head what are their insecurities what are their pressures work on building that Bond right from a very very young age so they come to you when they feel distress rather than hiding it from you trust me we all have made these mistakes but let's take these baby steps into building more self-confident and self

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