

My Strong Little Body: Embracing a Positive Body Image for Children

My Strong Little Body is a campaign that empowers children to love and appreciate their bodies. This article provides tips for parents and educators on how to help children develop a healthy body image.



My Strong Little Body: A Physiotherapist's 10 Step Guide To Nurturing Your Baby's Development

by Alana Gardini

★★★★★ 5 out of 5

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Screen Reader : Supported

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Lending : Enabled



What is My Strong Little Body?

My Strong Little Body is a campaign created by the National Eating Disorders Association (NEDA) to help children develop a positive body image. The campaign provides resources for parents and educators, including tips on how to talk to children about body image, how to help children cope with negative body image, and how to create a positive body image environment.

Why is Body Image Important for Children?

Body image is the way a person thinks and feels about their body. It is important for children to have a positive body image because it can affect their self-esteem, their health, and their relationships with others.

Children with a positive body image are more likely to be:

- Happy and confident
- Healthy and active
- Successful in school and in life
- Have healthy relationships with others

Children with a negative body image are more likely to be:

- Unhappy and insecure
- Unhealthy and inactive
- Unsuccessful in school and in life
- Have unhealthy relationships with others

How to Help Children Develop a Healthy Body Image

There are many things that parents and educators can do to help children develop a healthy body image. Here are a few tips:

- **Talk to your children about body image.** Let your children know that it is okay to talk about their bodies and that you are there to listen. Answer your children's questions about body image in a way that is honest and age-appropriate.

- **Help your children cope with negative body image.** If your child is struggling with negative body image, help them to identify the things that are making them feel bad about their bodies. Help your child to develop coping mechanisms for dealing with negative body image, such as positive self-talk, mindfulness, and exercise.
- **Create a positive body image environment.** Surround your children with positive messages about body image. Avoid making negative comments about your own body or the bodies of others. Encourage your children to participate in activities that make them feel good about their bodies, such as sports, dance, and art.

Resources for Parents and Educators

There are many resources available to help parents and educators teach children about body image. Here are a few:

- **The National Eating Disorders Association (NEDA)** provides resources for parents and educators on how to talk to children about body image, how to help children cope with negative body image, and how to create a positive body image environment.
- **The Body Positive** is a non-profit organization that provides resources for parents and educators on how to teach children about body image and how to create a positive body image environment.
- **The Dove Self-Esteem Project** provides resources for parents and educators on how to teach children about body image and how to create a positive body image environment.

My Strong Little Body is a campaign that empowers children to love and appreciate their bodies. This article provides tips for parents and educators

on how to help children develop a healthy body image. By talking to your children about body image, helping them cope with negative body image, and creating a positive body image environment, you can help your children develop a healthy body image that will last a lifetime.



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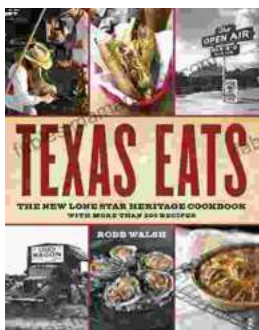
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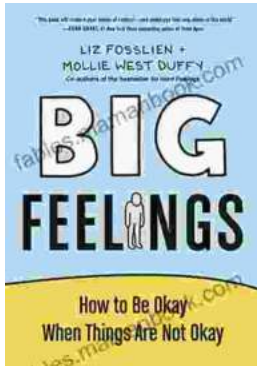
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