



does
she see
herself
through
your eyes?

- **Set an example.** Don't complain about your weight or your appearance in front of your children.
- **Provide positive reinforcement.** Remind your children that they are unique and beautiful.
- **Avoid fad dieting.** Teach your children about healthy eating.

With the rise of popular diets and the depiction of beauty ideals by the media, more children are becoming obsessed with weight loss. You can help your child avoid an eating disorder by promoting positive body image.

Eating Disorder Awareness of America
www.stopeatingdisorders.org



**You only get
one body.
Take care
of it.**

One in every hundred women binges and purges to lose weight, which causes hair loss, brittle nails, abnormal body hair growth, hand sores and finger calluses. Sound pretty? Learn how you can get help for yourself or a friend.

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