

5 TIPS FOR TALKING TO YOUR KIDS ABOUT THEIR BODIES



Talk Revolution®

03

Avoid comparisons

01

Always refer to your body as 'strong' and how lucky we are that we have so many 'uses' for it

04

Talk about the realities of pics in the media - photoshopping. Takes 100 photos to find 1 good one

02

Size 14 is the size of the average Australian woman

05

Encourage them to eat what they want and stop when they're full