CELEBRATING BODIES
Nourishing body acceptance in ourselves & in our children
If you could change anything about your body, what would you change?
What makes us uniquely us?
How did we feel about our bodies when we were younger?
What changed?

• Family
• Friends, peers
• Culture
• Social Media
• Magazines & advertisement
• Pornography
What is our cultural standards of beauty?
How do we achieve a body template that our genes don’t naturally result in?
What is the result?
What are other cultural standards of beauty?
How did they achieve tiny feet?
What was the result?
What is the result?
What is the result?
Can standards of beauty change?
What is true about bodies?
What is true about bodies?

People come in all shapes, sizes, and colors.
Why Let go of Dieting?

- Most diets don’t work long term
- Unhealthy to body
- Can be addictive
- Start the guilt/shame cycle
- Consequences of malnutrition
HEALTHY HABITS

Risk of dying early is influenced more by behaviours than by weight

Healthy habits that count:
- Eat five or more fruits and/or vegetables each day
- Get some exercise more than 12 times a month
- Drink a little alcohol (up to 1 drink for women and 2 for men each day)
- Don't smoke

BE YOU (tiful)
Beauty. True you.
RESOURCES
Body Positive Podcasts

- Nutrition Matters by Paige Smathers
- Every Body Podcast
- Food Psych by Christy Harrison
- The Body Kindness Podcast  Rebecca Scritchfield
Body Positive Blogs

• The Militant Baker
• Nutrition Matters by Paige Smathers
• Food Psych by Christy Harrison
• The Body Kindness Rebecca Scritchfield
• Beauty Redefined
5 WAYS TO TEACH BODY LOVE TO CHILDREN AND TEENS IN THE REAL WORLD

Sunday, February 7, 2016

http://www.themilitantbaker.com/2016/02/5-ways-to-teach-body-love-to-children.html
Changing the Early Childhood Education Conversation

• Bodies come in ALL shapes sizes and colors
• Our bodies do AMAZING things
• SELF CARE is the best way to treat our bodies
• All bodies are WORTHY of self care
• EATING/NUTRITION is one way we take care of our bodies.
• Our bodies know how much food we need
• I can listen to my body cues
• Food is for fun, enjoyment and nourishment
Childhood Feeding/Body Issues

- Ellyn Satter Institute®
- Judith Matz - Talking to our kids about weight
- Body Positive.org

Adult Feeding/Body Issues

- Intuitive Eating®
- Paige Smathers - KSL News Contributor
- Emily Fonnesbeck – KSL News Contributor
- Fiona Sutherland – Fb “Mindful Dietitian”
- Christy Harrison Food Psych Podcasts
- Rebecca Scritchfield – Body Kindness
- Beauty Redefined
Do the best you can until you know better.
Then when you know better, do better.

-Maya Angelou
QUESTIONS?