

# I DON'T KNOW HOW TO TALK TO MY CHILD ABOUT FOOD AND BODY IMAGE

## RESOURCE GUIDE

REPLAY LINK: [HTTPS://VIMEO.COM/1008226227](https://vimeo.com/1008226227)

### Practicing Self-Compassion

Self-Compassion Website with Ideas and Activities by Dr. Kristin Neff: <https://self-compassion.org>

### Supporting Confidence & Healthy Body Image

A confidence kit: A tool to support your child in building self-esteem: [bit.ly/4dOhUiZ h](http://bit.ly/4dOhUiZ h)

Family Activities for Childhood: [bit.ly/3Xj2A76](http://bit.ly/3Xj2A76)

Detox Your Feed: A Parent's Guide: [bit.ly/4glshwd](http://bit.ly/4glshwd)

Tips for mindful eating: [bit.ly/3XCYEiR](http://bit.ly/3XCYEiR)

### Validation Practice

Listening and validation practice: [bit.ly/3z9T7H7](http://bit.ly/3z9T7H7)

### Encouraging Kindness

Kid President's 20 Things We Should Say More Often: [bit.ly/3XjtzPU](http://bit.ly/3XjtzPU)

### Offline Resources

When your Teen has an Eating Disorder addresses handling body image by Dr. Lauren Muhlheim's

A Parent's Guide to Body Dysmorphic Disorder: How to support your child, teen, or young adult by Nicole Schnackenberg, Amita Jassi, and Benedetta Monzani

### Support

National Eating Disorders Association's Stories of Hope: [bit.ly/3XlqS03](http://bit.ly/3XlqS03)

Body Dysmorphic Disorder Foundation Beating BDD Podcast Series: [bit.ly/3AVtpGW](http://bit.ly/3AVtpGW)

Eating Disorder Healing: <https://www.theprojectheal.org/>

See fewer weight loss ads on Google: [bit.ly/3U4umCu](http://bit.ly/3U4umCu)

988 Suicide and Crisis Lifeline - Call 988

Share text crisis line with teens: <https://www.crisistextline.org/>