

# LOOKING GOOD, FEELING FINE

How to support a child to boost their body image

## Useful Apps:



Good Blocks



What's Up?



Fabulous - Daily Routine Planner



Stop, Breathe & Think Kids

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.

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## WHEN TO BE CONCERNED?

It is typical for young people to become pre-occupied with their image and how others see them.

When to be concerned:

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low
- If episodes are more frequent or prolonged and cause the young person distress
- If it impacts on their ability to cope with everyday life such as going to school, seeing friends or taking part in leisure activities

## WHAT TO DO:

- Remind your young person that they're more than the way they look
- Notice, comment, encourage: individuality, personality, characteristics, morals, values, ethics, behaviour, skills, effort, passion, goals, ambition, friendships, hobbies and interests
- Keep your young person focused on how they feel, not how they look
- Remember: your words have power; be aware of throwaway comments
- Role model being kind to yourself
- Lead by example; no diet/body shaming chat/ take a non-judgemental stance towards others
- Set and work towards your own self-care goals
- Practice safe-social; Limit their use of social media; Encourage them to think carefully about what they share online especially on social networks; review their internet usage
- Encourage acceptance, kindness and compassion towards others and themselves
- Watch a parent/carer workshop on how to boost body image and self-esteem; [youtu.be/agijF6H2u6w](https://youtu.be/agijF6H2u6w)
- There is a lot of information on the Sussex CAMHS website: [sussexcamhs.nhs.uk/help-support/parents-carers/body-image-self-esteem/](https://sussexcamhs.nhs.uk/help-support/parents-carers/body-image-self-esteem/)

## WHAT MIGHT IT LIKE?

- Talk about body dissatisfaction/ worrying about appearance
- Comparing themselves to other people
- Spending excessive time getting ready; making them late for or missing commitments
- Preoccupation with weight and shape; weighing self regularly
- Body checking behaviour e.g. pinching self and checking reflection in the mirror regularly
- Wanting to or trying to diet by 'eating healthily' or following food movements such as the 'clean eating', 'raw food', 'vegan'
- Increase in activity/exercise with a purpose of changing their size and shape
- Engaging in weight altering/ compensatory behaviour such as taking laxatives or diuretics, self-induced vomiting, use of weight loss/gain aids, use of steroids
- Feeling anxious about being seen in front of others and eating in public/in front of others
- May struggle to identify positive qualities or characteristics in themselves
- May struggle to make friends or struggle at school
- May refuse or find excuses to engage in PE lessons

#Recipes4wellbeing



[sussexcamhs.nhs.uk](https://sussexcamhs.nhs.uk)