

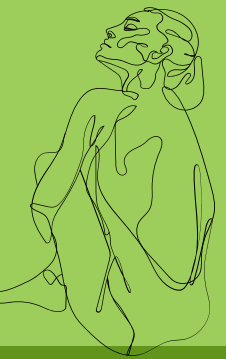
BODY IMAGE AND EATING DISORDERS

A Guide for Parents

In today's world, it is common to see a glamorised version of people on screen. These people are flawless in every aspect of their appearance, which leads the young viewers to feel inadequate in the face of such perfection. It is completely normal for the youngsters to spend hours on their hair, makeup and wardrobe; whose figure has been edited to fit into harmful standards held in society. Many children end up hating the idea of looking into the mirror, simply because what's on screen doesn't match with their reflection. It is important to understand that the relationship they have with their bodies reflects how they treat it. Parent's reflections and comments play an important role in keeping the expectations realistic.

Postpartum body struggles

Many new mothers find it difficult to adjust to the bodily changes postpartum and slip into a negative spiral with respect to their body image. It is important to understand that experiencing changes in the body after giving birth is very common and it is more important to be healthy and fit than to fit into old clothes



Impact of body shaming on children

Making negative comments about the weight, body shape or appearance of children can really bring their morale down. Even seemingly friendly nicknames can be hurtful if they focus on some aspect of their appearance.



Comparisons

Comparing your child's appearance or body shape to other children can result in them feeling inadequate. Forcing them to stop eating certain foods and making extreme dietary changes so that they fit into a mould can also have a physiological impact on their growth and development



As a caregiver of a child with Eating Disorders

The most important step is to be understanding of the child and not chide them for their eating habits. Eating disorders can affect children seriously and more often than not, it is a consequence of the environment they are in. Seeking professional help or helping them find healthier patterns of coping can be very helpful.

