

Body Confident Kids

Supporting young people to develop a healthy body image

'Clean eating'. Diet culture. Photoshop. Instagram filters. It's hardly surprising that body image is consistently reported as one of the top three concerns for young people. With society's increasing preoccupation with appearance and diet, it can be difficult for parents to know how to support their children to develop a positive body image and protect against disordered eating.

In this session, guest speaker **Nicki Isaacs** from **The Butterfly Foundation** will help parents to recognise the warning signs of eating and body related issues; understand the key influences on body confidence and the importance of positive role modelling; understand and respond to 'fat talk'; and build awareness of the behaviours that influence body satisfaction.

Please note: this session does not cover dealing with fussy eating.

When: **Monday 16 September**
7.30pm – 9.00pm

Where: **Caulfield Park Pavilion**
Balaclava Rd, Caulfield

Cost: **Gold coin donation**

RSVP: www.jewishcare.org.au/kidsbodyimage

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The Butterfly Foundation is Australia's leading not-for-profit for eating disorders and body image. Butterfly operates a national helpline for individuals and families affected by eating disorders and body issues, as well as a range of other services, including education programs, advocacy, research and collaboration. With a focus on prevention and early intervention, Butterfly's parent workshops aim to empower caregivers to feel better equipped to help their child develop and maintain body confidence. **Nicki Isaacs** is a Butterfly presenter, psychologist and Jewish mum of three.