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is for  
**THOUGHTFUL!**

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The sixth theme is THOUGHTFUL with their eating.

We know that messaging around health and nutrition can be incredibly confusing. We also know that establishing positive and balanced attitudes towards eating can be a protective factor, reducing the risk of developing disordered eating and more serious eating issues. There is an enormous focus on 'what to eat', but sadly, children are not always supported on 'how to eat'.

Butterfly Body Bright helps children to be THOUGHTFUL with their eating by helping children to learn to listen to their body cues, be mindful when eating, and to be curious and non-judgemental towards foods. These approaches can help to build a positive relationship with food and eating.

For more information on helping your child develop a positive relationship with food read the THOUGHTFUL tip sheet at [www.butterflybodybright.org.au/resources](http://www.butterflybodybright.org.au/resources)

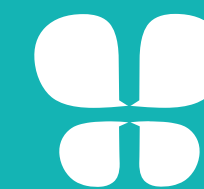
For more information about the program visit [www.butterflybodybright.org.au](http://www.butterflybodybright.org.au)

# Butterfly Body Bright

## What can you do at home?

Avoid shaming foods or food groups and strive to speak in a neutral way about food. Label food by its name (e.g., 'fruit and vegetables' rather than 'healthy foods' or 'lollies', rather than 'sugary treats'). This can help reduce shame, guilt and anxiety around certain foods and support a balanced and positive relationship towards eating.

Butterfly Body  
Bright is a  
program of



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