



Parenting Information Forum

Supporting Parents, Grandparents and Carers



BODY CONFIDENT CHILDREN & TEENS (CHILDREN AGES 5 TO 18 YEARS)

Presenter: Nicki Isaac, Butterfly Foundation

With so many confusing messages around weight and shape and with many adults struggling with their own body image it can be difficult for parents to know how best to support their child as they move through adolescence.

This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation for eating disorders and body image.



DATE

Tuesday 7 September 2021

TIME

7pm-8.30pm online via Zoom

BOOKINGS

Registering your attendance is essential. Please book online on Council's website www.whitehorse.vic.gov.au/events/body-confident-children-teens-2021

OTHER INFORMATION

To request additional access support including interpreting please contact Council's Parenting Resource Officer on 9262 6175 or parentresource@whitehorse.vic.gov.au