

Disordered Eating Awareness Week (DEAW)

This year DEAW has been moved to March (1-7), 2010. Here are some things to consider in promoting a healthy body image.

6 Things Parents Can Do to Help Prevent Disordered Eating:

Examine your own beliefs and attitudes towards food, weight and shape as well as those of others. Pay attention to what you say about your body.

Challenge unrealistic expectations that can cause needless stress and lead to perfectionistic, black & white thinking that is typical of individuals with disordered eating.

Teach your child how to look at media and information more critically. Often, unrealistic images of beauty are linked with happiness, love, popularity and acceptance.

Teach about normal variation in weight patterns resulting from developmental age, genetics, and environmental factors. For example, it is normal for females to gain weight at around age 12 before their growth spurt.

Teach your child to listen to their body: to eat when they are hungry, stop when they are full, and to eat the foods that nourish them and give them energy.

Exercise for the joy of feeling your body move and function effectively. Encourage your child to be physically active for the same reasons.

MULTIMEDIA CONTEST

Contest entries should focus on how we can help PREVENT disordered eating from occurring. Choose from one of the following themes:

1. **SELF-ESTEEM:** What does positive self-esteem look like? What does it feel like?

2. **RESILIENCY:** How can we become more resilient? What does it look like?

BE CREATIVE! Submit art, creative writing, a video, a song, a photo, etc
Grand Prize in each category

Submit entries to your school counsellor, planning 10 teacher or electronically to mhudson@familyservices.bc.ca by March 19

Eating Disorder Support Group

For parents, partners and caregivers

Dates: Meets the 2nd and 4th Monday of each month

(Unless it is a holiday Monday, in which case we will meet the following Monday)

Time: 7:00 p.m. – 8:30 p.m.

Location: Family Services of the North Shore

Call: 604.988.5281

Cost: No fee

Some Great Resources

www.bcmhas.ca/keltyresourcecentre

www.dialadietitian.org

www.bullying.org

www.campaignforrealbeauty.ca

<http://research.aboutkidshealth.ca/thestudentbody/home.asp>

Be Real Clinic for Disordered Eating – for youth between 11 and 19 years of age. Please call:
604-983-6847

