

The Butterfly Foundation presents

Body confident children & teens

Information and tips for parents

We are pleased to offer our parents this session to equip you with knowledge, information and tips to help you better understand body image and eating issues in children and teens. This presentation aims to help you feel empowered to support your child and their body confidence as they move through puberty and adolescence.

DATE: *Tuesday 3rd September – 7.30 sharp-8.45pm*

VENUE: *Spensley Street Primary School
193 Spensley Street, Clifton Hill
(Multi-Purpose Room)*

COST: *\$15 pp or \$20 per couple
This session is open to the community*

Topics covered include:

- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body satisfaction (what to expect during puberty)
- Understanding obesity
- Importance of role modeling and fostering a positive body image home
- Understanding and managing 'Fat Talk'
- What boosts body confidence
- Importance of building a healthy relationship with food and exercise
- Referral information

TO REGISTER TO ATTEND THIS SESSION PLEASE VISIT:

The Butterfly Foundation www.thebutterflyfoundation.org.au

'Education Programs' → 'For Parents' → 'Parent Workshop (VIC)'

Or contact Jane: jane@thebutterflyfoundation.org.au or 02 8456-3908

All proceeds go to The Butterfly Foundation

Butterfly National Support Line, 8am-9pm, Mon-Fri

1800 33 4673 (1800 ED HOPE) or support@thebutterflyfoundation.org.au

thebutterflyfoundation.org.au



Butterfly
Foundation for Eating Disorders