



Your turn

1. Talking to kids about their bodies

You're concerned that your 10 year old daughter is putting on a bit of weight. When you were that age you got teased for being a bit plump and you're worried.

Check: how do you talk about your body in front of her? What about your partner?

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Check: how do you talk to her about her weight? What can you say to her to build her self-esteem/how can you praise her for non-appearance related things?

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What changes to diet or physical activities can you make as a family?

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How can you encourage her to enjoy sport?

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2. Helping manage high energy



Your son is like the Duracell rabbit –he just keeps going and going.

How can you talk to him about his high energy?

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Do you need to provide some opportunities to release energy?
What could they be? When do they need to happen?

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Sometimes he gets a bit carried away and his brother or sister gets hurt. What can you do to teach him without making him wrong?

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Sometimes he gets frustrated and lashes out. What do you need to do in the moment? What can you say to him once he's calmed down?

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