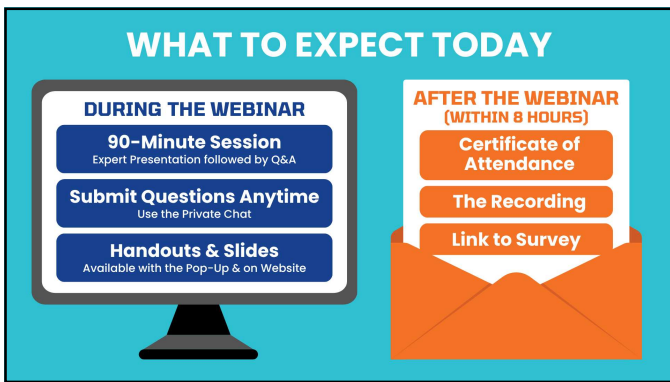
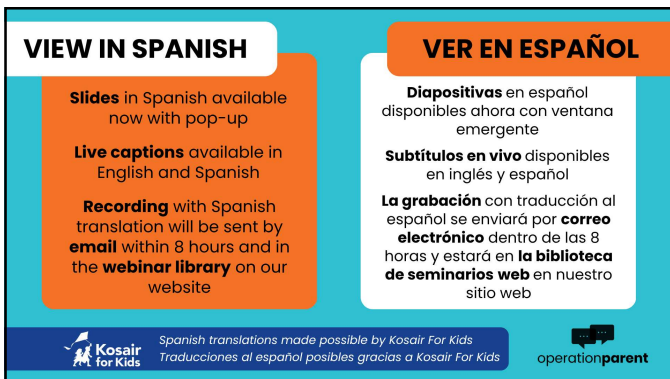




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OUR MISSION:
To empower parents and caregivers to have casual, courageous conversations with their kids.


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LET'S KEEP HAVING
CASUAL
COURAGEOUS
conversations

UPCOMING WEBINARS

If you're with us live use the pop-ups for quick registration!



operationparent.org/webinars


July 21

From Vapes to Pouches:
Helping Kids Avoid & Quit Nicotine
Truth Initiative

Aug 25

Phones at School, Habits at Home:
A Pediatrician's Perspective
American Academy of Pediatrics

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[OPERATION PARENT]

From the Table to Self-Talk:
Reframing Food and Body Confidence for Youth

Lauren Hartman, MD

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Dr. Lauren Hartman



- Double board certified in Adolescent Medicine and Pediatrics, with 20+ years of experience treating children, adolescents, and young adults.
- Maintains a private practice in Berkeley, California Aspen Grove Adolescent & Young Adult Medicine where she specializes in eating disorders.
- She serves on the Eating Disorder Committee for the Society for Adolescent Health and Medicine (SAHM)
- Mom of two teenagers
- Recently took an improv class (totally recommend it!)

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7

Why Aspen Grove

The first time I learned how Aspen trees thrive, I found myself exhaling. Aspen trees are interconnected through their root system. They share resources, nourishment, strength and resilience with each other.

I love the concept that we are not in this journey alone. We are bolstered by those around us. In my practice, I want you, whether you're a teen, young adult, parent, or family, to know that you are not alone.

We are in this together.

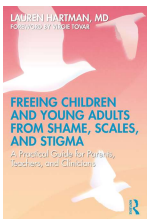
We are a grove.

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Freeing Children and Young Adults from Shame, Scales, and Stigma



- Encourages adults to help kids build a healthy relationship with food, exercise, and body image without shame or fear.
- Challenges weight stigma and explains how constant focus on weight and appearance can negatively impact mental health and self-esteem.

Available

- available to order from the [publisher](#) and [amazon](#).



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BOOK GIVEAWAY AT THE END!



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Key Takeaways

- 1 Learn practical, evidence-based strategies to foster healthy attitudes toward food and body at home for all ages
- 2 Understand eating disorders and be able to identify early warning signs so you know when and how to seek help
- 3 Gain confidence in passing along a healthier legacy with your kids and the youth in your life while filtering out the negative

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Poll: Mark ALL that Apply to You

- You grew up in a household with dieters or diet food
- You grew up in a household where people talked negatively about their bodies
- You grew up in a household where people talked negatively about **others'** bodies
- You may have said the wrong thing about food/bodies in front of your kids
- You worry you *might* say the wrong thing about food/bodies in front of your kids

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My Childhood Home



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Our Children's Schools




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13

The Doctor's Office




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The Medical Truth



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Why Weight-Based Approaches Fail

Most diets fail due to biology (not will power)

Weight-focused approaches cause harm

Weight stigma

- Depression, anxiety, substance use, and eating disorders
- High BP, high glucose, thyroid disease, chronic pain, infertility

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BMI

Body Mass Index

Ignores muscle mass, bone density, and genetic differences

Misclassifies healthy people and misses those who need medical support

One-half of "overweight" people and one-third of "obese" people are **metabolically healthy**

One-fifth of "normal weight" people have **metabolic problems**

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Meaningful Health Markers

Blood pressure

Blood sugar

Cholesterol

Mental wellbeing

Stress management

Energy level

Sleep quality

Social connections

Access to healthcare & preventative screenings

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The Rabbit Study= Kindness and Positive Interaction



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Say yes in the poll if:

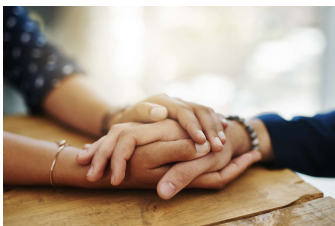
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- You worry you *might* say the wrong thing about food/bodies in front of your kids

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Compassion: For Ourselves and Those Before Us



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MOTHER

- Model a healthy relationship with food & your body
- Open supportive communication
- Teach body neutrality and acceptance
- Health rather than weight
- Educational Resources

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M: Model For The Next Generation



- Eating for nourishment and enjoyment (without guilt and shame)
- We don't have to love our bodies to treat it with kindness and respect
- Focus on your body's function, not appearance
- Joyful movement
- Seeking help if needed

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O: Open Supportive Communication

"I've noticed my 12-year-old opens up most when we're in the car together. Something about not having to make eye contact seems to help him talk about harder topics, like how he feels about his changing body."

-Parent of middle schooler

- Side by side
- Private
- Screen-free
- Stress-free moments
- Avoid mealtimes

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O: Open Communication

Indirect Approaches

Third-person framing

- “Some kids feel a lot of pressure about how their bodies look. Is that something you’ve noticed at your school?”

Past experiences

- “When I was your age, I remember feeling self conscious about [body feature]. Has anything like that ever happened to you?”

Friend experiences

- “I was talking to [another parent] whose child has been feeling uncomfortable about body changes. Have any of your friends mentioned feeling that way?”

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O: Open Communication

Direct but Gentle

Observation-based opening

- “I’ve noticed you’ve stopped eating breakfast. Can we talk more about that?”

Permission-seeking starts

- “I’d like to talk about how things are going with food and body image. Would that be okay to discuss now or would another time be better?”

Vulnerability-leading

- “Sometimes I struggle with feeling good about my own body. I wonder if you ever have thoughts like that too?”

Situation-specific inquiries

- “After the doctor’s appointment yesterday, I realized we didn’t talk about how you felt about what the doctor said about growth charts. I wanted to check in about that.”

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T: Teach Body Neutrality and Acceptance

Bodies in General

- “Bodies come in all different shapes and sizes, and that’s what makes us unique.”
- “Our bodies are amazing because of what they can do, not how they look.”

When children express negative body thoughts

- “I hear that you’re feeling uncomfortable about your body right now. Those feelings are okay to have.”
- “It’s normal to notice differences between people’s bodies. Those differences don’t determine anyone’s worth.”

Promoting functionality over appearance

- “Your brain is working so hard to learn these new skills
- “Your body is helping you do the things you love, like dancing/running/drawing”

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H: Health Rather Than Weight

"We don't focus on weight because my parents spoke to me about weight and it didn't make me feel good. I don't want that for you. I care deeply about your health, but not your weight."

"In our family, we focus on being strong and healthy, not on weight or size."

"Being healthy includes how we talk to ourselves. Using kind words about our bodies is a healthy habit just like eating vegetables or getting enough sleep."

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H: Redefining "Healthy" For Our Kids

Health is NOT	Health IS
<ul style="list-style-type: none">• A number on a scale• A clothing size• Only eating salads or "clean" foods• Looking a certain way• Never eating dessert or "junk food"	<ul style="list-style-type: none">• Having energy for activities you love• Eating variety of foods to nourish, satisfy• Moving in ways that feel good• Getting enough sleep and rest• Managing stress and emotions• Having supportive relationships

"How do you want to feel?"

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ER: Educational Resources

Books

- *Love your body: Your Body Can Do Amazing Things* by Jessica Sanders (for elementary age kids)
- *No weigh!: A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom* by Signe Darpinian, Wendy Sterling, and Shelly Aggarwal (for teens)

Programs and Workshops

- *Confident Body, Confident Child (CBCC)*: This parenting resource aims to promote positive body image and healthy eating patterns in children. It includes workshops and resource packs for parents and has demonstrated sustained improvements in parenting practices related to body image.

Online Resources


- *National Eating Disorders Association (NEDA)*: NEDA offers a range of resources, including guides and toolkits for parents to help their children develop a healthy body image.

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Understanding Eating Disorders: *Let's Debunk some Myths*




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Myth # 1

I can identify someone as having an eating disorder by looking at them





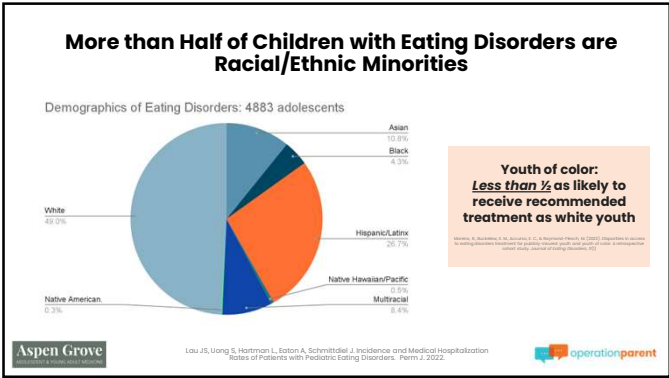
32

Most children with eating disorders are **NOT** underweight

Lau JS, Uong S, Hartman L, Eaton A, Schmittidel J. Incidence and Medical Hospitalization Rates of Patients with Pediatric Eating Disorders. Perm J. 2022.

BMI, Eating Disorder Diagnosis & Comorbid Psychiatric Diagnoses		N= 4,883
BMI %ile/Age/Sex		%
	<5th	13.0%
	=>5th - <85th	61.8%
	=>85th - <95th	9.8%
	=>95th	9.9%
	Unknown	5.6%
Eating Disorder Diagnosis		
	Anorexia Nervosa	4.2%
	Avoidant/Restrictive Food Intake Disorder	4.7%
	Binge eating +/- purging Disorder	7.6%
	Unspecified Eating Disorder	43.2%
	Multiple Eating Disorders	2.6%
	Malnutrition	3.9%
	Two non-malnutrition medical diagnoses	33.8%
Comorbid Mental Health Conditions		
	Mood Disorders	38.3%
	Substance-related disorders	5.7%
	Anxiety Disorders	10.3%
	Suicidality	9.8%


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Eating Disorders and Boys

- 1/3 of eating disorders
- Less likely to be diagnosed
- Look out for **muscle dysmorphia**



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Richel M. 2024. More Adolescent Boys Have Eating Disorders. Two Experts Discuss Why. *New York Times*.

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Myth # 2

Eating disorders impact teenagers . . . NOT kids in elementary school



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Myth # 3

It is healthy to cut out sugar and to do intensive exercise



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What's Trending?

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Sunglasses Challenge

- Trend where people try to fit sunglasses around their waist to show how small it is
- Form of "body checking"
- Came after the ban of #SkinnyTok
 - "what I eat in a day"
 - "OOTD" – outfit of the day



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<https://www.cosmopolitan.com/lifestyle/a59193084/sunglasses-trend-tiktok/>

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Protein-Maxxing

- Teens and influencers are focusing heavily on increasing protein intake through foods, shakes, and supplements
- Social media making protein seem like a “magic fix” for strength, fitness, and/or appearance
- Experts say most healthy teens already get enough protein through a balanced diet

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<https://www.teenvogue.com/story/how-much-protein-does-a-teen-really-need-experts-weigh-in-on-proteinmaxxing>

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GLP-1

- Rapid expansion of GLP-1 prescribing in teens
- Prescribing has outpaced safeguards
- Limited pediatric safety data
- Adolescents warrant unique level of caution



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When to be Concerned



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Behavioral Changes

Food intake decreasing	Skipping meals/excuses not to eat	Avoiding social events with food	Eating "healthy"
Cutting out food categories	Guilt or anxiety with eating	Bathroom use during/after meals	Increased exercise

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Physical Changes

Weight loss	Lightheaded or dizzy	Fainting
Cold intolerance	Stomach pain or constipation	Cold or blueish hands

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Trust Your Gut

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Early Intervention Decreases Morbidity & Mortality



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Our Children Want Us To Do Better

- Model a kind relationship with food & body
- Avoid weight criticism even 'well-intentioned'
- Focus on health behaviors, not weight
- Buffer against outside weight-centric messages




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So, what can parents do?



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How Do We Talk About Bodies?

Our body

Our child's body

Other people's bodies


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Food & Meals

- Take morality out of food
- Aim to help your child
 - Feel relaxed and flexible around food
 - Eat for balance and satisfaction
 - Listen to their hunger and satiety cues
- Help to create structure without restriction



"The best way to teach children about nutrition and to listen to their bodies is through modeling."
-Raising Body Positive Teens

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Joyful Movement

- Take the morality out of movement
- Talk about movement as a way to:
 - Have fun
 - Reduce stress and improve mood
 - Help with sleep
 - Strengthen your heart
- Help them value rest
- Decouple exercise with food/appearance
- Bodies deserve care, not punishment



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Be Mindful of Media and Cultural Messages

- Help children analyze messages
 - *What are they trying to sell me?*
 - *Do real people look like this?*
 - *Who is missing from this ad/show?*
 - *Is this image filtered/AI?*
- Introduce diverse role models
- Celebrate differences




<https://www.youtube.com/watch?v=8ixfsKqxlRA>



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So, what can schools do?



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What Can Schools Do?

- Create weight-inclusive school environments
- Normalize eating
- Reimagine nutrition education
- Recognize eating disorder signs
- Develop clear protocols for support



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So, what can communities do?

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What Can Communities Do?

- Inclusive Youth Sports Policies That
 - Prioritize participation over performance
 - Accommodate different skill and ability levels
 - Focus on fun and skill development
 - Address weight-based discrimination

Health at Every Size Principles in Community Fitness Programs

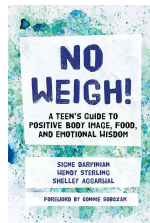
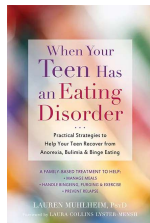
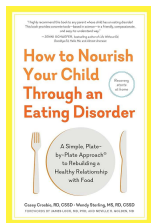
- Emphasis on movement for joy and health rather than weight loss
- Diverse options for different interests and abilities
- Welcoming environments for people of all sizes
- Focus on sustainable health behaviors

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Books



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Resources

National Eating Disorder Association:
<https://www.nationaleatingdisorders.org/>

Child Mind Institute: <https://childmind.org/topics/eating-eating-disorders/>

FEAST: <https://feast-ed.org/>

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Q&A UPCOMING

USE THE PRIVATE CHAT TO
SUBMIT YOUR QUESTIONS

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Amazon:
<https://a.co/d/06p9uO2u>



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BOOK GIVEAWAY

Click the button on the pop-up to enter!

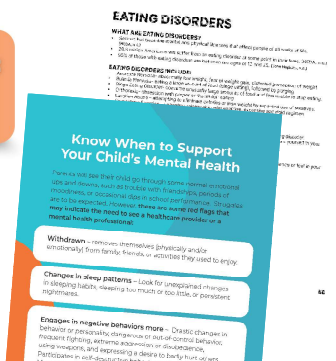
Winners will be asked for their mailing address when contacted



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PARENT HANDBOOKS:
YOUR GUIDE TO MEANINGFUL CONVERSATIONS!

"I love how they are up-to-date, have deeply evidence-based information, and directly responsive to the real-time needs of parents. They are an incredibly helpful tool for families navigating today's challenges."
-Dr. Lauren Hartman



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INFOGRAPHICS CONVERSATION STARTERS RED FLAGS




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ELEMENTARY: \$9.99

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QUESTIONS

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