

How to support a child with

BODY IMAGE & SELF ESTEEM ISSUES

Useful Apps:

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.



Good Blocks



What's Up?



Fabulous - Daily
Routine Planner



Stop, Breathe and
Think Kids



WHAT DOES IT LOOK LIKE?

- Comparing themselves negatively to other people.
- Not recognising their qualities and successes.
- Dismissing positive comments from others
- Not sharing their opinions, believing they are not as important as others.
- Struggling to make friends or maintain friendships.
- Worrying about letting others down.
- Striving for perfection and viewing mistakes as failure.
- Low mood.
- Reluctant to try new things.
- Believing others do not like them.

Mental health and wellbeing cards

<https://hampshirecamhs.nhs.uk>

WHAT DOES IT LOOK LIKE?

- Talking negatively about their body and appearance.
- Spending excessive time getting ready.
- Preoccupation with weight and weighing themselves regularly.
- Body checking, such as checking their reflection in the mirror regularly.
- Excessive dieting.
- Following food movements such as the 'clean eating', 'raw food' or 'vegan'.
- Increase in activity or exercise with the purpose of losing weight or changing shape.
- Taking weight loss medication, laxatives, diuretics, steroids and vomiting.
- Feeling anxious about eating in public or in front of others.
- Struggling at school.
- Refusal or excuses to taking part in PE lessons.

WHEN SHOULD I BE CONCERNED?

It is typical for young people to lack confidence from time to time as they develop through childhood and into adolescence.

Young people can also become pre-occupied with their image and how others see them.

When to be concerned;

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low.
- If episodes are more frequent or prolonged and cause the young person distress.
- If it impacts on their ability to cope with everyday life such as going to school, seeing friends or taking part in leisure activities.

WHAT CAN I DO TO SUPPORT MY CHILD?

- Encourage acceptance, kindness and compassion towards themselves and others.
- Let them know their ideas and opinions are valid and it's ok for people to have different opinions.
- Let them know it's ok to make mistakes, it's how people learn.
- Remind your young person that they're more than the way they look.
- Notice and encourage individuality, personality, characteristics, morals, values, ethics, behaviour, skills, effort, passion, goals, ambition, hobbies, friendships & interests.
- Avoid making comments about other people's bodies and be non-judgemental in your conversations.
- Encourage them to join clubs and group activities.
- Discuss their use of social media, are they accessing positive material? And discuss what is safe to share online.

Be kind to yourself and look after your own mental health, it is challenging parenting a child with low self-esteem and body image.