

# Body image concerns in young children

MHPN  
WEBINARS

SUPPORTING  
RESOURCES

*\*Please note the resources displayed in this document were accurate at the time of publication\**

## MHPN Resources

**MHPN Network:** [Join or start a new network](#)

**MHPN Webinar Library:** [Watch our previous webinars](#)

**MHPN Podcast:** [Listen to our range of podcasts](#)

### MHPN Network:

Visit our online map to find out which networks are close to you at [mhpn.org.au](http://mhpn.org.au) or contact Jacqui O'Loughlin at [networks@mhpn.org.au](mailto:networks@mhpn.org.au).

### Websites

National Eating Disorder Collaboration at <https://nedc.com.au/>

Fact sheet on body image  
<https://nedc.com.au/assets/Fact-Sheets/NEDC-Fact-Sheet-Body-Image.pdf>

NEDC – general factsheet on body image which has recently been updated - <https://nedc.com.au/eating-disorders/eating-disorders-explained/body-image/>

The Butterfly Foundation have some excellent information about body image, promoting positive body image, and body image as a risk factor for developing eating disorders and other mental health disorders

<https://butterfly.org.au/body-image/body-image-explained/>

Butterfly Body Bright program is a whole of school approach to supporting positive body image in children.

<https://butterfly.org.au/school-youth-professionals/about-our-programs/bodybright/>

Families of primary school children may be interested in the resources and activities that are part of Body Bright Families. Here they will find tip sheets for promoting positive body image and healthy attitudes and behaviours towards the body, eating and physical activity at home.

<https://www.butterflybodybright.org.au/about-the-program-families>

Raising Body Confident Kids' – is a body image prevention program developed by Ariana Elias, Clinical Psychologist.

[www.raisingbodyconfidentkids.com.au](http://www.raisingbodyconfidentkids.com.au)

### Training

The Body Esteem educator training is run by Butterfly – provides information about body image, risk factors for body image disturbance, and early intervention

<https://butterfly.org.au/school-youth-professionals/about-our-programs/body-esteem-educator-training/>

Australia and New Zealand Academy for Eating Disorders. Useful for health professional webinars, special interest groups and training.

[www.anzaed.org.au](http://www.anzaed.org.au)

## Body image concerns in young children (cont.)

### Fact sheets

CEED have a helpful tip sheet about how to manage body image distress in young people

<https://ceed.org.au/wp-content/uploads/2020/04/Body-Image-Distress-Tip-Sheet.pdf>

Online Media Smart Program for those who have body image concerns (Flinders University)

<https://blogs.flinders.edu.au/student-health-and-well-being/2020/10/13/online-media-smart-program-for-those-who-have-body-image-concerns/>

### Books

Taylor, J. Body image workbook for teens: Activities to help girls develop a healthy body image in an image-obsessed world. January, 2014.

### Further reading

Yeo, M. and Hughes, E. Eating disorders: Early identification in general practice. Australian Family Physician Vol. 40, No. 3. March, 2011. Available at <https://www.racgp.org.au/download/documents/AFP/2011/March/201103yeo.pdf>

Primary school children concerned with body image 1 July, 2014 available at <https://aifs.gov.au/media-releases/primary-school-children-concerned-body-image>

Growing up in Australia: The longitudinal Study of Australian Children Annual Statistical Report, 2018. Australian Institute of family studies. <https://growingupinaustralia.gov.au/sites/default/files/publication-documents/lsac-asr-2018.pdf>

### For family and caregivers

Fact sheet on 'Body Image in Children'

This factsheet for parents and caregivers outlines some warning signs that a child may be struggling with body image and some strategies to help respond.

<https://insideoutinstitute.org.au/resource-library/body-image-in-children> .

Link to 'SupportED' an online skills program for carers, family members and other support people of individuals living with an eating disorder

<https://insideoutinstitute.org.au/carers>

### Podcasts

Full Bloom Podcast

<https://www.fullbloomproject.com/podcast>

Feeding Humans Podcast

<https://podcasts.apple.com/us/podcast/feeding-humans/id1552454783>

Sunnyside Up Podcast

<https://sunnysideupnutrition.com/sunny-side-up-nutrition-podcast-2/>

### Books

Summer, B and Severson, A. How to Raise an Intuitive Eater. 2022 ISBN: 9781529399509

Sanders, J. Love Your Body. 2019 ISBN: 9781760683962 – Suitable for 6+ years

Satter, E. Your Child's Weight; Helping without Harming, Birth through adolescence. 2005. Kelcy Press.

### Websites

Ellyn Satter Institute

<https://www.ellynsatterinstitute.org/Harris>, R, Dr. (2015, November). *The Struggle Switch*. Available at: [www.youtube.com/watch?v=rCp1116GCXI](http://www.youtube.com/watch?v=rCp1116GCXI)