



Butterfly Education

Body Confident Children and Teens for Parents 7th May 2019 - MARION

Funded by the City of Marion Youth Development Grants Programs



FREE (BOOKINGS REQUIRED)

With so many confusing messages around weight, food and health and with many adults struggling with their own body esteem it can be difficult for parents to know how to support their child as they move through adolescence. Join the Butterfly Foundation for a relaxed and informative seminar for carers of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

Topics covered include:

- Background on body image and the importance of prevention
- Key influences on body confidence, including social media
- Importance of role modelling positive body image and healthy behaviours
- Reducing appearance based talk and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note this session does not cover fussy eaters.*

Date: **Tuesday, 7th May 2019**

Time: **7 - 8.30pm**

Venue: **Marion Cultural Centre, 287 Diagonal Road, Oaklands Park**

Register: [HERE - https://thebutterflyfoundation.org.au/our-services/education/education-events/](https://thebutterflyfoundation.org.au/our-services/education/education-events/)

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Marion 7th – 9th May.

For further information contact education@thebutterflyfoundation.org.au