

The Butterfly Foundation presents

# Body Confident Children & Teens

## *Information and tips for parents*

We are pleased to offer parents a presentation that aims to equip you with knowledge, information and tips to help you better understand and promote positive body image at home!

This presentation is designed to help you feel empowered to support your child and their body confidence as they move through puberty and adolescence.

### Topics include:

- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk'
- Awareness around behaviours that increase or decrease body satisfaction
- Referral information

**Hobart – Venue to be confirmed**  
**Thursday 30th October 2014, 7pm – 8.30pm**  
**\$25 per person**

**BOOK YOUR PLACE ONLINE** – [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

### FOR MORE INFORMATION

Please contact Helen Bird [helen.bird@thebutterflyfoundation.org.au](mailto:helen.bird@thebutterflyfoundation.org.au)  
T: 02 8456 3908

[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)



**Butterfly**  
Foundation for Eating Disorders

**Butterfly Support Line 9am-5pm, Mon-Fri**  
1800 33 4673 (1800 ED HOPE)  
[support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)