

WHAT to SAY

WithAll 

SHARING **WHAT TO SAY** WITH OTHER ADULTS IN YOUR CHILD'S LIFE

Thank you for taking the important step to learn how your words can support a healthy relationship with food and body for the kids in your life. As you do this, you may realize that other adults your child looks up to are not aware of the impact their words can have. Some may unintentionally say things about food, bodies, or exercise that could be harmful.

Bringing up this topic with another adult can feel tricky or uncomfortable, but small conversations can make a big difference. Here are a few simple tips and conversation starters to help you share What to Say—so together, you can create a supportive environment for the kids who trust you.

How to start the conversation



TIP

Share how important they are in your kid's life and keep the conversation about your kid's health. Remember, they care about your kid too, and the goal is to have them on your team and to put the conversation in the light of helping your kid be happy and healthy.



TIP

Be humble – share how you are still learning in this area as well. Try not to lecture or use a condescending tone.



TIP

Think about a time you were corrected or encouraged to change your actions (either it was received by you well or poorly). If it was well received, what did you like about how they approached you? If not well, how do you wish they did it differently? Take this with you as you enter the conversation.



WHAT to SAY

Here are a few sample templates* you can use as an email, note, or conversation starter to share our [What to Say Guides](#) with adult role models in your kid's life. These one-sheeters can be given directly to the adult or used for further conversation.

Family or Other Mentors

Hi [Mom/Dad/Name],

[Insert however you learned from What to Say].

I have learned so much about food and body and how the words we say affect kids' health that I had no idea about. Since you're such an important part of [kid name(s)] life, I wanted to share it with you too so you can help me give [kid name(s)] the lifelong gifts of a positive relationship with food and appreciation for their body.

Love,

[Name]

A Teacher

A great opportunity to share this with a teacher could be at your child's conference.

Dear [Name],

Thank you for all you do for [kid name(s)].

[Insert something here that you or your child appreciate about the teacher].

[Insert however you learned from What to Say].

I have learned so much about food and body and how the words of the adults they look up to affect kids' health that I had no idea about. Since you're such an important part of [kid name(s)] life, and I know you care about all the kids you teach, I thought it might be helpful to share a resource that WithAll created specifically for teachers.

Thank you for all you do!

[Name]

A Coach

A great opportunity to share this with a coach could be at the start of the season.

Dear [Name],

Thank you for all you do for [kid name(s)].

[Insert something here that you or your child appreciate about the coach or what you are looking forward to in the season if it's a new coach].

[Insert however you learned from What to Say].

I have learned so much about food and body and how the words of the adults they look up to affect kids' health that I had no idea about. Since you're such an important part of [kid name(s)] life, and I know you care about all the kids you coach, I thought it might be helpful to share a resource that WithAll created specifically for coaches.

Thank you for all you do!

[Name]

A Doctor

A great opportunity to share this with your child's doctor could be at their annual well-check visit.

Dear [Name],

It is great seeing you again.

[Insert however you learned from What to Say].

I have learned so much about food and body and how the words of the adults they look up to affect kids' health that I had no idea about. Since your words about my kid's health are extremely important to me and [kid name(s)] I wanted to share with you a resource they have specifically for health care providers so we can partner in protecting [kid name(s)] health and well-being.

Thank you for all you do!

[Name]

**The prompts provided might need to be adjusted based on the age of your child or relationship of the adult role model. Our goal is to give you a starting point to find the words that work best for your situation.*



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GO DEEPER IN YOUR ROLE

- **Parents and families:** Learn the 3 Simple Shifts at withall.org/shifts
- **Coaches:** Get your free What to Say certification at withall.org/coaches
- **Teachers:** Build a body-healthy school culture at withall.org/schools
- **Healthcare providers:** Earn CME credit at withall.org/healthcare

Support This Work

This guide is one piece of WithAll's work to help kids feel good in their bodies and with food. That work only happens because individuals and businesses fund it directly. If it helped you, consider making a gift at withall.org/donate.

Get Financial Help

If you or someone you love is facing an eating disorder, you are not alone. Our Recovery Support Program provides grants for groceries and housing during intensive treatment. Apply at withall.org/apply.