

Module 3: Addressing Parent Concerns

Resource List

Learn More

WithAll's What to Say:

www.withall.org/resources

What to Say is WithAll's eating disorder prevention initiative. At WithAll.org, you will find blog posts, Q&A videos, and downloadable resources to learn more about promoting kids' body image and relationship with food for parents and caregivers, coaches and healthcare providers.

UConn Rudd Center, "Pediatricians: How to Talk to Parents"

www.UConnRuddCenter.org/wp-content/uploads/sites/2909/2020/07/Pediatricians_-_How-to-Talk-to-Parents-1.pdf

This pamphlet gives medical providers practical tips for addressing weight concerns with parents of pediatric patients.

***The Body is Not an Apology: The Power of Radical Self-Love* by Sonya Renee Taylor:**

TheBodyIsNotAnApology.com/shop-latest

In this book, author Sonya Renee Taylor discusses reclaiming love and acceptance of our bodies through radical self-love, as a way to combat indoctrinated body shame. This book furthers the conversation on activism and body acceptance in a society of diet culture and body shame.

***The Body Image Book for Girls* by Charlotte Markey:**

markey.camden.rutgers.edu/book/

In this book, author Charlotte Markey discusses issues relevant to body image for girls aged 9–15 years old, such as dealing with social media, puberty, self-care, and mental health. This book serves as a great resource for girls to have their body image questions answered.

***Being You: The Body Image Book for Boys* by Charlotte Markey:**

markey.camden.rutgers.edu/book/

In this book, author Charlotte Markey discusses boys' body image and many factors that impact boys aged 12+ years old. This evidence-based guide helps answer boys' questions about things like exercise, "bulking up," puberty, social media, and self-care.

***Raising Body Positive Teens* by Signe Darpinian, Wendy Sterling, & Shelley Aggarwal:**

us.jkp.com/products/raising-body-positive-teens

This book serves as an excellent resource for parents to learn about helping kids develop a positive relationship with food and their bodies, with a focus on preventative actions that parents can take to reduce kids' risks of developing eating disorders.

***Your Child's Weight: Helping without Harming* by Ellyn Satter:**

www.EllynSatterInstitute.org/product/your-child-s-weight

Though this book was written for parents, its content is also applicable to interdisciplinary medical providers aiming to promote healthy relationships with food and body for their patients. In this book, author Ellyn Satter discusses ways to help kids feel at home in their bodies.

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Related Research & Articles

Berge, J. M., MacLehose, R., Loth, K. A., Eisenberg, M., Bucchianeri, M. M., & Neumark-Sztainer, D. (2013). Parent conversations about healthful eating and weight: Associations with adolescent disordered eating behavior. *JAMA Pediatrics*, 167(8), 746-753. <https://doi.org/10.1001/jamapediatrics.2013.78>

Elgar, F. J., Craig, W., & Trites, S. J. (2012). Family dinners, communication, and mental health in Canadian adolescents. *Journal of Adolescent Health*, 52(4), 1-6. <https://doi.org/10.1016/j.jadohealth.2012.07.012>

Eli, K., Neovius, C., Nordin, K., Brissman, M., & Ek, A. (2022). Parents' experiences following conversations about their young child's weight in the primary health care setting: a study within the STOP project. *BMC Public Health*, 22(1540). <https://doi.org/10.1186/s12889-022-13803-8>

Ford, C. A., Davenport, A. F., Meier, A., & McRee, Annie-Laurie. (2011). Partnerships between parents and health care professionals to improve adolescent health. *Journal of Adolescent Health*, 49(1), 53-57. <https://doi.org/10.1016/j.jadohealth.2010.10.004>

Gardner, R. M., Stark, K., Friedman, B. N., & Jackson, N. A. (2000). Like mother, like daughter: Association of maternal negative attitudes towards people of higher weight with adult daughters' weight bias. *Journal of Psychosomatic Research*, 49(3), 199-205. [https://doi.org/10.1016/s0022-3999\(00\)00172-0](https://doi.org/10.1016/s0022-3999(00)00172-0)

Gold, J. M., & Vander Weg, M. W. (2020). Investigating the relationship between parental weight stigma and feeding practices. *Appetite*, 149, 104635. <https://doi.org/10.1016/j.appet.2020.104635>

Haines, J., Gillman, M. W., Rifas-Shiman, S., Field, A. E., & Austin, S. B. (2010). Family dinner and disordered eating behaviors in a large cohort of adolescents. *Eating Disorders*, 18(1), 10-24. <https://dx.doi.org/10.1080%2F10640260903439516>

Larsen, P. S., Strandberg-Larsen, K., Micali, N., & Nybo-Andersen, A. (2015). Parental and child characteristics related to early-onset disordered eating: A systematic review. *Harvard Review of Psychiatry*, 23(6), 395-412. <https://doi.org/10.1097/hrp.0000000000000073>

Lessard, L. M., Puhl, R. M., Larson, N., Simone, M., Eisenberg, M. E., & Neumark-Sztainer, D. (2021). Parental contributors to the prevalence and long-term health risks of family weight teasing in adolescence. *Journal of Adolescent Health*, 69(1), 74-81. <https://doi.org/10.1016/j.jadohealth.2020.09.034>

Loth, K. A., Mohamed, N., Trofholz, A., Tate, A., & Berge, J. M. (2021). Associations between parental perception of- and concern about-child weight and use of specific food-related parenting practices. *Appetite*, 160(1). <https://doi.org/10.1016/j.appet.2020.105068>

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