

Module 3: Addressing Parent Concerns

Video Summary

1 Best Practices for Addressing Parents' Weight Concerns

- Seek to understand the root of the parent's concern
 - What are they concerned about, and why do they feel that way?
- Lean on your medical expertise to determine whether a cause for concern exists
 - Be sensitive when addressing this with the parent
- Keep the focus off of weight management and instead on attainable health-promoting goals
- Allow parent and/or patient to ask additional questions

2 Tips for Weight Concerns: Young Children

- Aim to discuss the concern with the child present
- Promote autonomy in food-related parenting practices
 - For example, letting the child decide when they are done eating based on their fullness cues
 - This can help kids have a positive relationship with food
- Consider screening for disordered eating or an eating disorder

3 Tips for Weight Concerns: Adolescents

- Same tips as #2, with additional considerations for this age range:
 - Is the patient in the room?
 - Is just their parent in the room?
- If you determine a medical cause for concern, focus conversation on the medical concern, not weight
- If possible, seek the adolescent's perspective on the parent's concern
- Aim to learn about motivations for behavior, if possible

4 Creating Your Own Dot/Smart Phrases

- At the end of the video, we left time for you to create your own dot/smart phrases to assist in your practice
- We encourage you to use these phrases to support patients' positive body image and relationship with food!

WHAT to SAY
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