

# 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!