



# PARENTS/CAREGIVERS

## The Home Environment

### BENEFITS:

Learn ways to optimize meal-time practices, promote positive body image and self-esteem and provide support during times at which youth are at higher risk of developing disordered eating.

### Knowledge or Skills Learned:

- Recognizing negative eating attitudes
- Optimizing Parent feeding practices
- Recognizing growth patterns that influence body image
- Building a body positive home environment

