



**Creating positive body
spaces and changes
within SNSW**

for *Parents*

Communication

- Call out body shaming when you hear it.
- Avoid criticising your child's physical appearance, weight or body composition
- Avoid encouraging diet or weight change behaviours.
- Talk to your child about being able to accept their bodies, especially when they change shape or size.
- Encourage athletes to talk about their body functionality over their physical appearance (i.e. how their body feels, rather than how it looks).

Clothing

- Support your children to wear what makes them feel most comfortable in their body at training and competitions, even when it might not be the fastest option.
- Encourage your kids to speak up about their preferences for team uniforms.
- Facilitate clothing choices that help your kids feel comfortable in their bodies.
- Offer systems for cleaning out clothing that kids have grown out of to normalise pubertal and body changes.
- Have discussions and ask your athletes what they feel most comfortable swimming in.

Culture

- Encourage your children and family to be compassionate with themselves and others.
- Celebrate all types of bodies that are doing their best.
- Start to gently unpack your biases around different types of bodies (i.e. fat bodies, disabled bodies, black bodies).
- Encourage a supportive and inclusive family environment where swimming is a part of the athlete's life, but there are other dimensions i.e. eating food for enjoyment's sake.

Connection

- Help to facilitate access to foods that can help your athletes fuel their bodies before and after training and competitions.
- Involve kids in food decisions, shopping and food preparation.
- Encourage your athletes to use a "food first" approach over supplement use, and when supplements must be used encourage professional advice, harm minimisation and batch testing.
- Minimise chat about your own dieting or negative body image and discourage weighing or having scales in the house.