

Suggested script for speaking to your child about weight before a trip to the pediatrician:

Hey honey, I know we're going to your pediatrician today. As you know, in our family we believe in body diversity, and we understand that healthy bodies come in all shapes and sizes. There is a chance that your pediatrician, in a well-meaning way, could make a reference today to your body or your weight that isn't based on good science.

And so I just want you to know that you and I are both aware that your body is doing awesome, and it's about to do amazing work as you go become a teenager. We know that you eat delicious food, and you satisfy yourself, and you stop when you're full, and you eat when you're hungry, and you're doing movement you enjoy.

So [if the pediatrician makes a comment about your weight] we'll just look at each other, and we'll know how unfortunate it is that they don't know the best cutting-edge science.

