

FAMILY MINISTRY LIFE MAP gowoodland.com/parents Learning to strengthen my body through exercise, nutrition, and self-advocacy (D 0) So they will . . . So they will . . . So they will . . . REINFORCE **ENCOURAGE** – SHARPEN THEIR PERSONAL AWARENESS VALUE THEIR CHANGING BODY **ENJOY EATING WELL** healthy choices a healthy lifestyle & EXERCISING OFTEN **& MAINTAIN GOOD HYGIENE** & BALANCE DIET AND EXERCISE Talk about Make health For Girls: schedule a Offer counseling Try new foods Talk about drugs body image goals together gynecologist visit Answer any questions for emotional as together Stock the and alcohol Ask questions like about their changing Go to a farmers market Talk about well as physical pantry with Say things like: Talk about body with respect "What have you Coach them or taste something wellness advertisements healthy options "What have you heard their plans for heard about anorexia Let them know: "This where to go for from a different culture Say things like: "I'm about alcohol? cutting /protein Help set Encourage exercise and is normal. information not sure drinking For Guys: teach nutrition when supplements?" reasonable participation Say things like: soda makes you them how to shave they move out Have a consistent expectations for in one lifetime Encourage persistence How could we find look like that." Help them (When you start to bedtime in sports school activities activity out if this is healthy? Discuss healthy regulate their see facial hair.) Balance declines in sports, and (Running, Cycling Reframe emotional health options when puberty; injuries and set exercise Have wimmina Pay attention to Let them Ask: "How can I eating out body talk backs are common. Caution against Dancing) conversations sudden changes cook for you help you feel less Help pick the Say things like: "I'm so energy drinks about drugs like weight, appetite (Simple meals) stressed?" ao to items on and excessive Talk about Share about your own and alcohol clothing, interests, impressed the menu for caffeine healthy food/exercise goals and behaviors. by what your when they' weight loss on the go. body can do. FOURTH SIXTH TWELFTH & FIFTH SEVENTH EIGHTH NINTH TENTH ELEVENTH









MOBILIZE their potential

