

**FOSTERING A HEALTHY BODY IMAGE:
Changing the Conversation about Dieting, Food and Weight**

Deerfield Parents Network

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Presented by:

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Resources for Parents:

The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care by Judith Matz and Ellen Frankel

Beyond a Shadow of a Diet: The Comprehensive Guide to Treating Binge Eating Disorder, Compulsive Eating and Emotional Overeating by Judith Matz and Ellen Frankel

Healthy Bodies; Teaching Kids What They Need To Know: A Comprehensive Curriculum to Address Body Image, Eating, Fitness and Weight Concerns in Today's Challenging Environment (Volume 3) by Kathy Kater

Intuitive Eating by Evelyn Tribole and Elyse Resch

Your Child's Weight: Helping Without Harming by Ellyn Satter

"I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World by Dianne Neumark-Sztainer

Take Charge of Your Child's Eating Disorder by Pam Carlton

Picture Books:

Your Body Is Awesome by Sigrun Danielsdottir

Amanda's Big Dream by Judith Matz, illustrated by Elizabeth Patch (forthcoming early 2015 – www.amandasbigdream.com)

Journal Articles on Health and Weight:

Weight science: Evaluating the evidence for a paradigm shift (Bacon & Aphramor)
Nutrition Journal, 2011

The weight-inclusive versus weight-normative approach to health: Evaluating the evidence for prioritizing well-being over weight loss (Tylka et. al) *Journal of Obesity*, 2014

Eating Disorder Organizations: ANAD/BEDA/NEDA/EDReferral