

Email/letter for parents to send to your child's centre

Hi [Director's name],

As a parent, I'm really passionate about making sure [Child's name] develops a healthy and positive lifelong relationship with food, movement and their body. In fact, I think it's important for all young people - especially when you read concerning statistics like this:

- **24% of childcare professionals have seen body confidence issues in children aged 3-5 years old (PACEY, 2016)**
- **31% of childcare professionals have heard a child label themselves as 'fat' (PACEY, 2016)**
- **19% of childcare professionals have seen children reject food because 'it will make them fat' (PACEY, 2016)**

Luckily, there is a solution! I've recently come across this great initiative from The Embrace Collective called Body Blocks by Embrace Kids. It's a FREE professional development program for early childhood educators to help them teach 0-8 year olds how to build a strong body image and positive ways of thinking about food, movement and their bodies.

Starting early with these lessons can make a huge difference in how our kids view themselves, and helps to improve protective factors and minimise risk factors for body image issues and eating disorders later in life.

I've attached a document here with some more information about Body Blocks by Embrace Kids. Would you be open to discussing the possibility of introducing this program to the team? I'm positive it would set [Centre name] apart as a place that not only educates our kids but also empowers them to grow and thrive.

Thanks so much for taking the time to consider this. Looking forward to making [Centre name] even more amazing!

Kind regards,
[Your name]