



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 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]