



What does my non-judgmental stance offer my child?

from the **research**



Research suggests that **eating disorder symptoms** like bingeing, purging, restricting are often the result of attempts to **regulate or suppress negative emotions**.¹



Studies have found that women with eating disorders **struggle more with emotional awareness**, have a greater tendency to **avoid emotions**, and are less able to **accept and manage emotions**.²



Children have **improved physiological regulation, fewer problem behaviors, and better emotion regulation skills** when their parents view negative emotions as **opportunities for intimacy or teaching**, and help them **recognize and modulate their experiences of sadness and anger**.³

Cheer up and stop being so grumpy!

Parental communication that is **critical, invalidating and suggests negative emotions are toxic or overwhelming** has been found to contribute to **poor emotion regulation** and **more behavioral problems** in children.⁴

1,2. Berking, M., & Wupperman, P. (2012). Emotion regulation and mental health: recent findings, current challenges, and future directions. *Current opinion in psychiatry*, 25(2), 128-134. • 3,4. Lunkenheimer, E. S., Shields, A. M., & Cortina, K. S. (2007). Parental emotion coaching and dismissing in family interaction. *Social Development*, 16(2), 232-248.

non·judg·men·tal

/,nänjəj'men(t)l/

adjective

listening and responding from a place of curiosity about your child's emotional experiences

to help your child

fully bloom

try these body-positive parenting practices

- 🌸 Notice any urges you may have to avoid, criticize or invalidate your child's feelings (we all have them!)
- 🌸 Think of yourself as a scientist collecting data about your child's emotional experiences in order to approach them with curiosity and a nonjudgmental stance
- 🌸 Write down, practice, and try out using these three lines to respond to your upset child:
 - "I'm so glad you're talking to me about this."
 - "Wow, you really know you're feeling that way."
 - "Tell me more. And then what happened?"
- 🌸 Remember that you don't need to use new parenting tools 100% of the time to see an impact - try aiming for 15% of the time

resources

- 📖 *How To Talk So Little Kids Will Listen* (Joanna Faber and Julie King)
- 📖 *How To Talk So Kids Will Listen... and Listen So Kids Will Talk* (Adele Faber and Elaine Mazlish)
- 📖 *Mindset: The New Psychology of Success* by Carol Dweck
- 📖 *Unconditional Parenting* (Alfie Kohn)
- 📺 "The Space Between Self-Esteem and Self Compassion" by Kristin Neff, PhD



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