

the time is that SHE thought I was fat and ugly, but this year that changed and I was ready and my parents support really helped.

From Molly , Child's Age I'm 14 - 10/21/06

If your child is overweight dont force them into losing weight. my mom never really said anything to make me lose weight; ...My mom has supported me a little, she buys me the food i want, but at the same time she makes it harder by still buying junk food for the rest of the family and herself. ... so its not impossible i used to be 5'1" 174.4 lbs. and now i'm 5'1" and 122.8lbs. ... **if you really want your kids to lose weight take them to the doctor and have them talk to your child, trust me that was my breaking point.**

Shaming or embarrassing a child in front of friends or family, in an attempt to motivate them to lose weight, hurts a child's self-esteem, is counterproductive, and may result in a vicious cycle of the child seeking comfort in food, more weight gain, more shaming by parents, and so on...

Can't talk to my parents

Tragically, numerous kids say that they are unable to talk with their parents about their weight.

This is RACHEL's question:

how do i tell my parnets that i want to lose weight when their way more overweight then me?? - rachel

From Ben, Age 13 - 6/19/08

Ht. 5'7", Start: 227 lb, Current: 225 lb, Goal: 155 lb -one think that I'm concerned about is my diet. We don't have the most naitricinal\healthy stuff in my house, and I can't really talk to my parents about me losing weight very easily. I don't know why, I just 'can't' do it....

From Katie, Age 14 - 07/04/03

Hey everybody!! I was wonderin if anyone wanted to be my **weight loss buddy!!** i really need someone to talk to about it cuz i **don't really feel comfortable talkin 2 my family and stuff** so yeah that would be great! if you post a reply with ur e-mail address i'll send u an e-mail back:) thx a lot:)

From rach, Age 13 - 02/26/07

Ht. 5'3", Wt. 134 - **how do i tell my parents i want 2 lose weight?** there overweight and they'll say "u dont need 2 lose weight but i do and bla bla bla " i dont want 2 b mean or anything but i dont want 2 end up like them! lostya <3