Body Image
&
The Mother Daughter Connection

Diana Naranjo, Ph.D.
Clinical Psychologist and Assistant Professor of Pediatrics
Madison Clinic for Pediatric Diabetes
University of California San Francisco
The Challenge

- Raising healthy children – especially girls -- is challenging
- We face constant criticism from all angles
  - The media
  - Others (friends, families)
  - Ourselves
Ideal Bodies: 1600
Ideal Bodies: 1950

James Dean & Marilyn Monroe
Ideal Bodies: 1960

Jimi Hendrix & Twiggy
Ideal Bodies: 2010?

Kate Moss, Beyoncé, David Beckham
Self-Objectification

• It becomes ‘adaptive’ for a girl to view her body from an outsider’s perspective
• Internalizing an outsider’s view of one’s body is called self-objectification
The Mother Daughter Relationship

• Especially important for helping girls grow up with good eating habits, self-esteem, and a positive body image.
• Thinking through the messages we send our daughters about body image and eating.
• Our own attitudes and comments affect our daughters
Examining Our Body Image

- How do I feel about my own body?
- Do I make negative comments about my body or the bodies of other women?
- Am I often on a diet, over-exercising, or obsessing about my weight?
- Do I hide my body from my family and friends?
- How do I handle healthy eating and activity?
Beauty in the eye of the beholder

• https://www.youtube.com/watch?v=XpaOjMXyJGk
Activity

• Each person make a list of all the things you like/love/appreciate about your body.
  – MUST contain at least FIVE things.
  – Can also list ONE (but not more than one) thing you don’t like about your body.
Adding Diabetes

- Often quick/large weight-loss at diagnosis
- Followed by weight-gain
- Disappointment in body
- Constant scrutiny of food
- Counting carbohydrates
- Trying to limit high carb foods
Warning signs may include:

• unexplained weight loss.
• extreme concerns about weight and body shape
• unexplained elevations in A1C values
What to do

• Don’t be afraid to ask
• Shift focus away from weight
• Seek mental health and nutrition counseling
Thank you.
Questions? Comments?
NaranjoD@peds.ucsf.edu