

From smiles to tears

Families gather at the school for a special performance. There is an overwhelming feeling of joy and excitement coming from the audience, which is made up of proud families and friends. As the educators gather the children at the side of the stage to make their debut, an educator overhears another educator make a comment while nodding her head toward Tristen, a child in the show. “Whoa, that is one thick ballet dancer!” Tristen, who was smiling, looks over at the educators, deflated. The RECE who overheard her colleague rushes over to Tristen. “You look marvellous!” she exclaims, as the child bursts into tears. Think about the implications of these actions for Tristen.

- What could you do to support Tristen and your colleague in this scenario?
- Look around your learning environment. Are there a wide range of body shapes and sizes represented in positive ways?
- How can you promote positive body images with children?
- What steps can you take today?

You can add your thoughts and reflections in the space below.