

ACTION PLAN FOR THE *unboxing* OF A

CONFIDENT MINDSET &

BODY POSITIVE PARENTING

1

WHAT IS BODY POSITIVITY

& how a positive body image results in a healthier life. (End your mealtime struggles)

SEX-EDUCATION

Learn the link between body confidence & sex-ed & why you should be the primary source for your child's sex education

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THE 4 PILLARS OF BODY POSITIVE PARENTING

& how you can implement them in your everyday parenting

WHAT TO DO WHEN YOUR CHILD SELF CRITICISES - "I AM FAT/THIN/TALL/SHORT"

Bonus tip: Never say - "No, you are not"

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EMPOWER YOUR CHILD AGAINST BODY SHAMING

How to raise respectful boys
& confident girls

BODY SAFETY & HEALTHY RELATIONSHIPS

Learn ways to impart age-appropriate sex ed to your child comfortably. Create a safe space for them to come to you with their problems rather than going to unreliable sources like peers & porn.

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CONFIDENCE BOOSTER

Learn how you can give your child a confident mindset & a high self-esteem

THE SPARK PROGRAM

A sneak peak & a chance to get into our spark program. See how we have helped over 250 parents raise empowered children .

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unboxingeq.com

GIFT YOUR CHILD BODY
CONFIDENCE