



Dear Healthcare Provider,

I am writing to request that you refrain from discussing my child's growth chart, weight, and/or BMI in front of my child. I request this be the case no matter what category they may fall under. If you have any concerns with my child's growth, please request to speak with me privately.

This request is being made due to the research that indicates the following:

- Information that the child does not understand regarding this topic can lead to undue stress/anxiety.
- Focusing on body weight can lead to children not trusting and honoring their body's natural cues.
- Any discussions on body weight, especially during a time when an ever-changing body already tends to feel awkward, can lead to mental health issues.

I am more than happy to provide information on the following if needed: variety within my child's meal patterns, updates on mental or emotional health, and physical activity habits. Please let me know if you would like to meet privately, or set up a phone call to discuss lifestyle aspects that can affect my child's overall health.

Sincerely,