



EDENnews

NO 19 December 2007

'Promoting Body Satisfaction'

Welcome to EDEN's Summer Newsletter, the theme of which is

Mothers & Daughters

The inspiration for this theme came following the arrival of baby Sofia—a daughter for Kirsty, a long time member of the EDEN governance team!

EDEN has been exceptionally busy this quarter. Love Your Body Day on October 17th was a great event which you can read all about in this newsletter. Also check out the photos & DVD on our website.

This issue also looks towards the Christmas and New Year Period, and offers suggestions for Christmas Mindfulness and some alternative New Years Resolutions. Happy Reading!



EDEN Services

EDEN offers a range of services, providing support for individuals and loved ones of those with an eating difficulty, including:

- Counselling Services & Directory
- Support Worker Appointments
- Telephone Support
- Support Groups
- Workshops
- Health Promotion Services
- Education & Information to schools, community groups, gyms, and health Professionals
- Books and Resources on Eating Difficulties

www.eden.org.nz info@eden.org.nz

EATING DIFFICULTIES EDUCATION NETWORK

1 GARNET ROAD, WESTMERE. PO BOX 78 005, AUCKLAND 2. PH 09 378 9039 FAX 09 378 9393



Young Mums

Workshop @ Auckland Womens Centre
Workshop @ Auckland Womens Centre



EDEN ran a workshop for the Auckland Women's Centre's Young Mum's Support Group earlier this year. We looked at some of the changes that can come with having a baby:

Alongside the delicious joys that come with pregnancy and motherhood, one of the changes that can be hugely significant for new mothers is that we can feel that our bodies stop being 'ours'. It can be a real adjustment when our bodies need to meet our baby's needs, when there are physical changes that may feel foreign, when others feel they can comment on and touch our bodies, and when we are bombarded with information about what we *should* do to our bodies during and after pregnancy.

As well as discussing some of these issues in the workshop, we also considered some of the more public messages that are available in the media, including the representation of women, and specifically pregnant women.

"...society places a high value on thinness in contrast to the low value it places on mothering or caretaking. Many mothers may therefore undervalue the maternal part of themselves and devalue their larger, maternal body" – Patel, et al. (2005)

For some wonderfully celebratory ideas about motherhood and maternal embodiment we reviewed <http://theshapeofamother.com>, a website where women of all ages, shapes, sizes and nationalities can share images of their 'real' bodies and beautiful babies. This is one of the posts from the website:

No, it's not a shame, by Steph

Shame. This word is so strongly associated with a woman's body image. We feel shame for being shapely, scarred, and stretched. Exposing a belly that is not toned, not tanned, and not tiny is a bold and incredible thing to do. It exposes the lie we tell ourselves: that a part of us is unacceptable or unwanted. During my second pregnancy, my midwife caught site of my appendectomy scar on my belly and the large stretch mark coming from it. "That's a shame" she said. Actually, ma'am, no it's not, thank you very much. Pride. I feel pride for that appendectomy scar because I lived to tell the tale, proud of that huge stretch mark because that was from my daughter, and proud for all of the other marks because that tells the story of my son. As I was taking pictures of my belly, I began to feel transformed and sexy. I saw my belly and I wanted my belly. It no longer feels like a dirty secret to me. What a joyful thing to feel! Thank you to all of the women sharing a part of themselves here. Our belly's deserve some credit and it's about time we give 'em a break! They've been through enough.

If you would be interested in having EDEN host a similar event at your agency, or are a mum who would like some support in this area, please contact EDEN on 09 378 9039 or at info@eden.org.nz.

ROLE MODEL MUMS

As mothers it is useful to consider the messages we provide to our children around body image and weight control.

Consider this example...



A few years ago, I saw a talk show featuring parents of fat children. One mother talked about how her daughter had been chased home from grade school by boys throwing rocks and chanting "Fatty, Fatty, two-by-four, can't get through the kitchen door". The rocks left small bruises on her body.

Rather than drawing more attention to her daughter by challenging the boys who harmed her, or calling the principle of the school, the mother enrolled her daughter in a weight loss program to help her daughter avoid future mistreatment. Instead of learning that prejudice and mistreatment of fat people is just as wrong as other types of discrimination, the little girl learned that being fat is bad, it is her fault, and that she should try to do whatever it takes to get thinner. She was the one punished, not the rock throwers.

If she's been chased and harassed because of her race, it would likely have been a much different scenario. Her family would explain to her that the problem is the prejudice in the world, not the colour of her skin. The experience would still have been hurtful, but the solution to the problem would be framed in stopping the mistreatment and changing attitudes in the world, not changing her skin colour.

Extract from "Freeing the Fat Lady To Sing" - Body Aloud

Mums can support children to develop healthy self esteem and body satisfaction. Role modelling positive eating habits by eating intuitively, not endorsing dieting, and practicing and encouraging body trust can provide positive messages.

What can you do?

**Encourage Body Trust
and paying attention to hunger and fullness**

**Refuse to tolerate appearance and
weight bullying**

**Take the time to analyse the media together;
Ask "What's not real about this image?"**

Use emotional support, rather than food, to comfort children

**Let them know
you love them!**

**Compliment your child on personal qualities
rather than physical appearance**

**Find fun ways for your child to
enjoy using their body
Enjoy being active together!**

Love Your Body Day 2007

Love Your Body Day (LYBD) is an international event held on October 17th to promote and celebrate body diversity and body satisfaction for all regardless of size and shape.

With design company Fly, First of all, EDEN produced three fabulous tees, urging people to "Start a revolution: Be at peace with your body". These are still available and make a fabulous Xmas present so checkout the next page!

EDEN's main LYBD event was a community mural-painting afternoon held in Aotea Square in Auckland. People were invited to paint their response to the phrase "I love my body because...". This event had a fantastic turn-out with people eagerly joining the painting fun, winning spot prizes for their efforts, and entering the prize draw for a hamper worth over \$1,500. The lucky winner was Kathleen Riddell, who was thrilled to bits when she came by our office to pick up the hamper from Maree.

Please check out our website for photos of our big day (including the inspiring murals that were completed) and a short DVD.

Thank you to our supporters & sponsors...

Thankyou to all of our LYBD supporters, without whom the event would not have been possible. A special Thankyou to Vodafone Hands-up participant Sarah Natusch for her contagious enthusiasm and support, Shelley Fraser for her fabulous artwork on our overalls, and also the AUT Outside the Square team, especially Hannah & Carmen, for their fantastic contribution to this inaugural event. Thanks also to Cleo, Vodafone NZ Foundation, Dove Self Esteem Fund, Resene, Fly, DTR, Total Event, Next, Womans Day, Boc, Ali Mau, Kimberly Crossman, and Kerre Woodham and all the people who came along to the event and purchased t-shirts to show your support!! Bring on 2008!!!

If you or the company you work for would like to support Love Your Body Day in 2008 with resources or financial sponsorship, please get in touch on 3789039.



Perfect Xmas Gift

For Your Mum, Partner, Sister, Friend, Daughter, or Workmate

EDEN's Love your body t-shirts



Body peace tee



Love heart tee



Love pear tee

Promote body satisfaction and make a stand against stereotypical images of beauty, by buying and wearing a LYBD tee. Only \$32.99.

Go to www.eden.org.nz and follow the link.

Christmas Mindfulness

- H ealth and vitality come in all shapes and sizes
- A rm yourself with awareness and understanding
- P ause a few times when eating to check how you are going
- P rogress is succeeding at small steps along the way
- Y ou don't have to be perfect—you are great as you are
- X -press yourself and trust your intuition
- M ove your body in a way that is FUN!!
- A ll food is morally neutral
- S eek balance in all that you do

*Best wishes for Christmas & New Year
from EDEN staff, Governance Board,
and Collective members*



Alternative New Years Resolutions

Want some life enhancing and alternative New Years Resolutions for 2008? Try these!

1

Live life to the full – dance, swim, wear shorts, enjoy a picnic, eat a donut – whatever size and shape you are

2

Stop weighing yourself

3

Say no to dieting and practice guilt-free eating

4

Don't put your life on hold until you reach your 'ideal' weight. Do the things you've been wanting to do NOW

5

Get physical for fun. Throw a frisbee, go for a walk, swim, rollerblade, play beach cricket, do yoga – anything combining movement and enjoyment that you will want to keep doing

6

Keep a top-10 list of things you like about yourself that aren't related to weight or looks. Read your list often

7

Surround yourself with positive people. It's easier to feel good about yourself when you are around supportive others who recognize the importance of liking yourself just as you are

8

Accept compliments

9

Every time you see a magazine article telling you to be thinner or exercise more don't let it hang like a personal accusation – ask what are they selling?

10

Do something kind for yourself-take a bubble bath, have a nap, find a peaceful place outside to relax etc



News & Upcoming Events

Eating Disorder Association of New Zealand

Eating Disorder Association of New Zealand was established in Auckland, in September 2007 to provide help and support for parents and carers of eating disorder sufferers. EDANZ offer s parents and carers support, help and advice from their personal experiences by answering questions via email or through phone support. EDANZ has a website under development (www.ed.org.nz), a list of suggested reading material and can make suggestions with regard to primary health care. For info, support or advice contact EDANZ at PO Box 37-943, Parnell, Auckland, 09-522-2679, eda.nz@xtra.co.nz,

EDEN offices will be closed from 21st December 2007 until 9th January 2008.

'If not dieting' empowerment cards—64 cards with a key message and beautiful photograph. Pick a card for each day to provide support to: enjoy food without feeling guilty, increase your eating awareness, enjoy moving your body, improve how you feel about yourself—\$30 a pack, available from EDEN.

Body Real Workshops

In partnership with the Dove Self Esteem Fund EDEN is offering BodyReal Training to those who work with young people, aged 11-14 years.

BodyReal is an exciting and engaging self-esteem and body-satisfaction workshop for young people.

For only \$85, you will receive 3 hours of training, the BodyReal Resource and Facilitator's Guide. These include activities, worksheets, facilitator sheets, handling difficult questions, Fabricating Beauty DVD, Media Images CD presentation and question guide.

Contact EDEN for more info and a registration form—discounts for early registration.

NEW SUPPORT GROUP

For women with eating difficulties

Starting in February 2008 —contact EDEN if you are interested or would like more info.

NEW SUPPORT GROUP

For Parents, Partners, Friends and Other Loved Ones of someone with an Eating Issue

AIM: To share experiences and support and to reduce feelings of isolation by meeting with others going through a similar experience.

WHERE: EDEN, 1 Garnet Road, Westmere

WHEN: 2nd Tuesday of the month for 2 hours

COST: \$10 per person, or \$15 per couple (3 months payable in advance to secure place) Coffee, tea and biscuits provided

Contact EDEN for more information

Volunteer for EDEN

As EDEN grows, we are increasingly aware of the importance of Volunteers in the organisation, and currently have the following positions:

- Website Updater (We need someone with IT skills to implement the improvements recommended in a professional website audit)
- Collective Members—to help out with events and promote EDEN and its values

Would you like to support EDEN to make a difference? Contact us at info@eden.org.nz to explore opportunities for us to work together.



If you have one of EDEN's books on your shelf at home, please return it to us

EDEN understands books are a valuable resource for people seeking to find understanding, support or ideas about dealing with eating issues. Please return borrowed books so they can be shared with others seeking information.

Thanks to all of our funders

including the Vodafone New Zealand Foundation, the ASB Community Trust, the Dove Self Esteem Fund, United Way New Zealand, the Auckland Community Organisation Grants Scheme, the New Zealand Lottery Grants Board, the Auckland City Council, the JR McKenzie Trust, Save the Children New Zealand, Catholic Caring Foundation, and the Lion Foundation.



**Vodafone
New Zealand
Foundation**



ASB Community Trust
200 Maitland Street, Auckland 1010
09 378 9393



the dove
self-esteem
fund



EDEN

**EATING
DIFFICULTIES
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Services & Support:

If you wish to access the services of EDEN, participate in a support group or visit our resource centre, please phone us on 3789039 or email us at

info@eden.org.nz

To check out EDEN's resources (books, stickers, postcards) visit

www.eden.org.nz

Donation Request

EDEN does not receive any government funding to deliver services to the community. Please promote body satisfaction and support those with eating and body image difficulties by making a donation to EDEN.

- \$20 funds a face-to-face session with our support worker
- \$50 funds a counselling appointment for somebody struggling with disordered eating
- \$150 funds a young woman to attend EDEN's 10-week support group
- \$250 subsidises a young 'Body Image Leader' to train and work for a year in their school promoting body satisfaction.

Please send a cheque payable to EDEN to PO Box 78005, Grey Lynn, Auckland 1245 or credit EDEN's bank account 12 3077 0329692 00

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