

Steps to a Healthy Body Image



Watch for Warning Signs of Childhood Eating Disorders

The Oak Brook Park District in conjunction with the Cori Sikich Foundation is hosting the Cori's Kids Triathlon on Saturday, June 4, 2011. Proceeds will be donated to the Cori Sikich Foundation, which helps those affected by eating disorders and raises awareness of such disorders within the community.

The foundation was set up by Susan and John Sikich after they lost their daughter Cori to an eating disorder in 2002. As a parent of a child that struggled and lost her battle with an eating disorder, John warns other parents

against becoming oblivious to the troubling behaviors that may indicate their child is developing an eating disorder. "This insidious disease took my daughter's life. I have replayed the years my daughter struggled with this illness over and over and now realize there were warning signs that should have raised red flags."

Does your child show early signs of an eating disorder? If you believe your child exhibits the early signs of this disease, it's important that you approach the issue in a supportive and non-threatening way, and seek the professional help your child needs, which may involve medical supervision, nutritional counseling, or therapy.

1. Developing an acute awareness of physical appearance as a young child or harboring a bad body image as an adolescent.

2. Radical changes in eating habits such as not wanting to eat with others, binge eating or unusual food combinations such as mustard on pickles.

3. Excusing him or herself immediately after dinner to go to the bathroom (Possibly

to induce vomiting).

4. Depression and isolation.

5. Mood swings and "people pleasing" tendencies.

6. Obsessing over thinness and thin people.

7. Genetics. Research to see if any ancestors had issues with food or weight. Anyone with obsessive compulsive behaviors could be suspect. These traits have a tendency to strengthen over generations.

In the fight against this devastating disease, the Cori's Kids Triathlon is an opportunity to provide a supportive environment for kids ages 7-18 that promotes good health, strong self-esteem and healthy habits that will last throughout their lives.

For more information on the Cori's Kids Triathlon, watch for the next issue of Suburban Focus Magazine, visit www.obparks.org or call 630-990-4233.

Contributed by: The Cori Sikich Foundation & the Oak Brook Park District



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