

Center for BODY TRUST

Our children need our advocacy. Body Trust Provider Kristy Fassio wrote the following letter to her daughter's physician in an attempt to mitigate harm and stop a cycle that moved through her family. We offer this letter as an example of setting boundaries with pediatricians about conversations regarding growth and weight. These conversations are best if they do not happen in front of children and teens.

Dear Doctor,

I am writing to ask you to please not discuss my daughter's weight with them at our appointment today. Last year some harmful things were said and this year I need to advocate for them.

Did you know that 80% of 10 years olds have dieted? That children as young as nine are being treated for clinical eating disorders?

There has been much research on a genetic component to eating disorders. While this is not always the case, both of my girls may carry this risk. My eating disorder started at nine years old, but because of my higher weight and a lack of understanding of Binge Eating Disorder, I did not seek help until I was 35. That is a long time. I was constantly shamed by medical professionals instead of offered the help I desperately needed.

My girls listen to their bodies. They eat when they are hungry, stop when they are full and eat a wide variety of foods. They move their bodies with joyful abandon.

You have taken care of my kids for 11 years. I am asking you to help me prevent disordered eating and poor body image - two risk factors for eating disorders. Can I count on you?

Kristy Fassio

Kristy Fassio is a Certified Body Trust Provider® and a Licensed Mental Health Counselor Associate, but mostly she just considers herself someone who loves holding healing space for others. The story of her life includes six kids (three she made and three bonus ones!), a magnificent fat body, a later in life coming out chapter, and a soft spot for Disney magic. Our stories are important, and Kristy thrives when helping others find their own pen, pencil, crayon, or paintbrush to continue crafting their timelines any way they please.