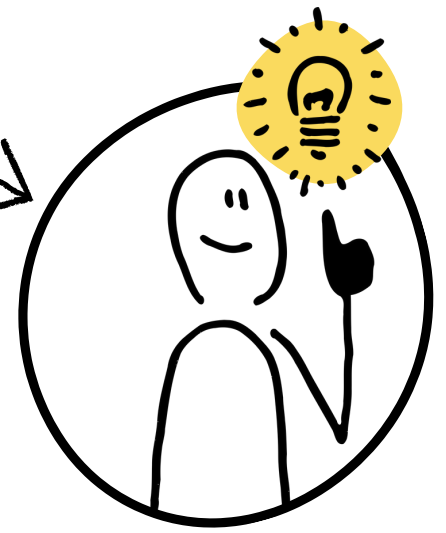


**Top tips**  
From parents, for parents



## Dealing with comments about your child's size

I tell them that my child has Growth Hormone Deficiency. That usually keeps people quiet.

My child has a rare growth condition, they are small but fierce (and may bite your knees!). Or I like to inform and educate the person.

I tell people how amazing, brave, smart and adventurous my child is, all the good things that I love about them.

I say my child is small and mighty.

I say what an interesting thing to say, we do not comment on children's bodies.

I used to say everyone grows at different rates and he has a medical condition. I never wanted to give an exact diagnosis as my child did not want people knowing.

It depends on what you are comfortable sharing. Explaining you don't appreciate the comment usually works to prevent future comment. Solid sarcasm is entertaining and often completely shocks them!

I say they have a rare form of dwarfism, they are very apologetic.

I say, I'd rather not discuss my child's height, it's impolite to talk about how people look. Or I just nod, and say yes they are small.

If you do not want to explain or discuss, change the subject and/or walk away.

Get in touch with our nurse led Support Line:  
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