

Biography

Nicky Hutchinson, Cert.Ed, B.Ed, M.Ed and **Chris Calland**, B.A., PGCE, M.A. 'Not Just Behaviour'.

Nicky Hutchinson and Chris Calland are teachers and specialist education consultants with over 25 years' experience advising on children's behaviour and mental health. They work internationally with researchers, practitioners , parents and schools to develop children's self-esteem and body confidence. Nicky and Chris advise the UK government on children's body image and believe it is vital to begin this work when children are young.

They co-authored the award winning book, 'Body Image in the Primary School,' which is a practical evidence based set of lessons for primary aged children designed to prevent the development of body dissatisfaction. They have also recently published a story book for young children aged 3-7 on body image, called 'Minnie and Max are OK!'