

DR. WHITNEY CASARES, MD, MPH, FAAP

I Help Parents Break Generations
of Body Shame and Raise Kids
Who Trust, Respect, and Care for
Their Bodies





MEET DR. WHITNEY CASARES

- Board Certified and Practicing Pediatrician and Maternal-Child Health Expert
- Founder and CEO of [Raising Body-Confident Kids](#) and [Modern Mommy Doc](#)
- Spokesperson for the [American Academy of Pediatrics](#)

- American Academy of Pediatrics Published Author:
 - Raising Body-Confident Kids: A Balanced Approach to Breaking the Cycle of Body Shame and Diet Culture (Releases Sept, 2026)
 - My One-of-a-Kind Body: The Ultimate Guide to Caring for Me
 - Doing it All: Stop Over-Functioning and Become the Mom and Person You're Meant to Be
 - The Working Mom Blueprint: Winning at Parenting Without Losing Yourself
 - The New Baby Blueprint: Caring for You and Your Little One

- Host of the Modern Mommy Doc Podcast
- Keynote Speaker
- Medical Advisor and Consultant
- Mom of Two

BIOGRAPHY

Whitney Casares, MD, MPH, FAAP, is a practicing board-certified pediatrician, author, and founder of [Modern Mommy Doc](#) and [Raising Body Confident Kids](#). Through her clinical expertise and lived experience as a mom, she helps families raise emotionally and physically healthy kids without falling into the traps of perfectionism or pressure.

Her most recent book, *My One-of-a-Kind Body*, gives children a science-backed, empowering introduction to how their bodies work and why every body is worthy of care and respect. It's part of her larger mission to help families move beyond shame and unrealistic expectations toward real health, compassion, and confidence.

Dr. Whitney is also the author of *Doing It All* and *The Working Mom Blueprint*, and is a nationally recognized voice on pediatric health, maternal well-being, and practical parenting strategies. Her expertise spans the public health, direct patient care, and media worlds. Her work has been featured by outlets like *The New York Times*, *Forbes*, and *Fortune*.

She holds a Masters of Public Health in Maternal and Child Health from The University of California, Berkeley, and a Journalism degree from California Polytechnic State University, San Luis Obispo, and a Doctorate in Medicine from the University of Vermont. She completed her pediatric residency at Stanford University.

Dr. Whitney sees patients from across the United States as a Maven Clinic provider. She lives in Portland, Oregon with her husband and two daughters.



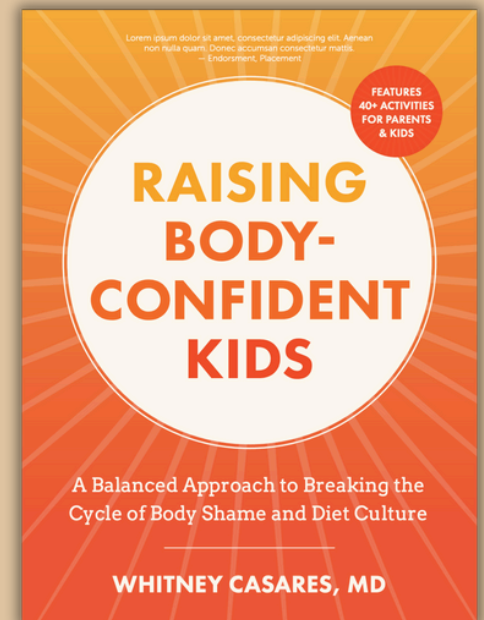
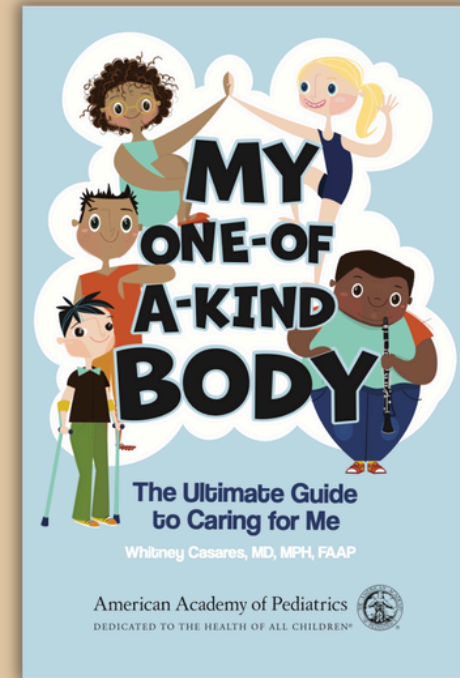
RECENT AND UPCOMING BOOKS

My One-of-a-Kind Body: The Ultimate Guide to Caring for Me

A body-celebrating book for 7-12 year olds that helps kids embrace who they are — and how they function — from the inside out. My One-of-a-Kind Body is designed to help kids understand and appreciate their bodies for what they do, not just how they look. With playful, inclusive illustrations and age-appropriate language, My One-of-a-Kind Body invites children to explore the incredible ways their bodies help them learn, play, feel, and grow. It's the perfect first step for families who want to raise body-literate kids grounded in self-awareness, curiosity, and respect, not shame or unrealistic expectations. Whether you're starting conversations about body diversity, health, or self-worth, My One-of-a-Kind Body offers a gentle, joyful foundation for helping your child feel confident and connected in their own skin.

Raising Body-Confident Kids: A Balanced Approach to Breaking the Cycle of Body Shame and Diet Culture

A compassionate, science-backed guide for parents who want to help their children feel at home in their bodies without denying the realities of health or ignoring the pressures of today's appearance-obsessed world. Raising Body-Confident Kids offers practical, nuanced strategies for navigating food, movement, medical visits, social media, and body talk at every stage of childhood. This book meets parents in the messy middle between diet culture and performative positivity, showing how to care for kids' bodies without making them feel like projects to fix. Releases September, 2026.



FEATURED KEYNOTES

For Pediatricians

First Do No Harm: Rethinking Weight, BMI, and the Stories We Tell Kids About Their Bodies

For decades, pediatric care has relied on numbers—growth charts, percentiles, and BMI—as shorthand for health. Yet mounting evidence and lived clinical experience reveal a sobering truth: weight-centered conversations in childhood can leave lasting psychological imprints, contributing to body dissatisfaction, anxiety, disordered eating, and avoidance of medical care. In a world where children are already inundated with appearance-focused messaging, the exam room often becomes an unintended echo chamber for shame.

In this keynote, Dr. Whitney challenges the profession to rethink what it truly means to practice evidence-based, child-centered care. She examines the historical roots and scientific limitations of BMI, explores how well-intentioned counseling can quietly backfire, and reframes “health” through a broader, more accurate lens. Grounded in real patient stories and practical clinical tools, this session moves beyond theory into actionable change. Attendees will learn concrete language shifts, boundary-setting strategies, and visit-flow adjustments that allow pediatricians to address health risks without centering a child’s worth on their weight with a goal to place metrics in their proper context, beneath the more powerful drivers of lifelong wellbeing.

Ultimately, this keynote invites pediatricians to reclaim their role as guardians of children’s physical health and as stewards of body trust, protecting both the medical and emotional outcomes of the next generation.



DR. WHITNEY IN ACTION

WGN News Clip

[WATCH ON YOUTUBE](#) 

NPR Media Clip

[LISTEN TO SEGMENT](#) 

LEARNING OBJECTIVES

Identify the limitations and unintended harms of BMI- and weight-centered conversations in pediatric care, including impacts on mental health, eating behaviors, and long-term body trust.

Use trauma-informed, stigma-reducing language when discussing growth, nutrition, and activity with children and families.

Implement practical exam-room scripts and visit-flow strategies that protect a child's body confidence while maintaining high-quality medical care.

Collaborate more effectively with families to align medical guidance, especially around specialty care referrals and lab evaluation recommendations.

FEATURED KEYNOTES

For Educators and School Administrators

Reducing Absenteeism by Addressing Body-Based Bullying

Chronic absenteeism is often treated as a logistics problem—transportation, family engagement, motivation. For many students, though, the real reason they stop coming to school is simple and heartbreaking: school no longer feels safe for them. Body-based bullying—targeting students for their size, ability, race, puberty, gender expression, clothing, or medical needs—is a widespread yet often under-recognized factor in school avoidance. These experiences don't hurt kids' feelings and they also shape their nervous systems. They fuel anxiety, somatic symptoms, and school refusal. Over time, students learn that staying home feels safer than being seen.

In this keynote, Dr. Whitney uses the core principles of My One-of-a-Kind Body to show how schools can move beyond reactive discipline toward preventive, culture-shifting practices that reduce bullying and increase attendance. She reframes bullying as a public health issue—one that directly affects learning, behavior, and long-term wellbeing—and demonstrates how everyday language, classroom norms, and adult modeling quietly determine whether students feel protected or exposed.

Educators and administrators will leave with practical, developmentally appropriate strategies to interrupt body bullying in real time, strengthen student belonging across differences, and create classrooms where students don't have to shrink, hide, or brace themselves just to participate.



DR. WHITNEY IN ACTION

Speaker Reel Demo

[WATCH DEMO REEL](#) 

KATU News Clip

[WATCH ON YOUTUBE](#) 

LEARNING OBJECTIVES

Identify how body-based bullying contributes to absenteeism, including its links to anxiety, somatic complaints, and disengagement from learning.

Recognize the most common and overlooked forms of body bullying in school settings, including size-, ability-, race-, puberty-, gender expression- and medical-related targeting

Use trauma-informed, developmentally appropriate strategies to interrupt body bullying in real time and respond in ways that protect student dignity and trust.

Implement school-wide language and climate shifts that increase students' sense of safety and, in turn, improve attendance and engagement.

FEATURED KEYNOTES

For Parents

Raising Body-Confident Kids: Breaking the Cycle of Body Shame and Diet Culture

Today's moms and dads are parenting inside a constant contradiction. We grew up immersed in diet culture, watching our parents shrink themselves, moralize food, and quietly hate their bodies. Now we're the parents, trying to raise body-confident kids in a world that still obsessively judges, critiques, and profits from insecurity. We still carry our own diet-culture baggage, too.

This keynote speaks directly to that uneasy middle space: the parent who believes in body confidence for their child but still flinches at their own reflection. The mom who wants to raise kids without shame but still hears the old rules about "good" and "bad" bodies in the back of her mind. The family caught between the strictness of diet culture and the pressure of modern body positivity; both telling us, in different ways, that one wrong move could scar our kids for life.

In this talk, Dr. Whitney untangles that tension with compassion and realism. Drawing from her own story, years of caring for children and families, and the framework behind Raising Body-Confident Kids, she helps parents understand how mixed messages about food, health, and worth show up in everyday moments, often without us realizing it, and shows them how to teach body confidence in the small, repeated interactions they have with their kids in front of mirrors, at meal tables, in doctor's offices, and on the sports field. Parents will leave with a clearer understanding of what actually matters, practical language for hard moments, and permission to stop aiming for flawlessness.



DR. WHITNEY IN ACTION

Social Media Demo

[WATCH ON SOCIAL](#) 

Contributor Article

[READ ON MOTHERLY](#) 

LEARNING OBJECTIVES

Recognize how diet culture and their own body history quietly shape their parenting, even when they are intentionally trying to do things differently.

Learn how to talk about health, food, and bodies without reinforcing shame or fear, even when they still struggle internally.

Respond with steadiness and clarity when children compare their bodies, express insecurity, or absorb harmful messages from peers or media.

Adopt a realistic, values-based approach to modeling body respect that does not require perfection, forced positivity, or “having it all figured out” first.

UPDATED: J U N E 2 0 2 2

SOCIAL FOLLOWING



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Forbes



Psychology Today

pdx|parent

evoke

(((Siriusxm)))

FORTUNE

Scary Mommy



Parents



TESTIMONIALS

“Dr. Casares connected student wellbeing, school climate, and attendance in a way that immediately resonated with our staff. Her message was both deeply compassionate and highly actionable. We left with concrete strategies for reducing body-based bullying and strengthening belonging across classrooms. This is professional development that truly changes how adults show up for kids.”

—JIM W., SCHOOL PRINCIPAL

“This keynote challenged my clinical habits in the best possible way. Dr. Casares offered a powerful, evidence-based reframing of BMI, weight talk, and child-centered care, along with real exam-room language I could apply the very next day. It was one of the most impactful talks I’ve attended on the intersection of physical health and emotional harm.”

—MICHELLE R., PEDIATRICIAN

“This talk put words to something I’ve been carrying for years. I grew up in diet culture and swore I wouldn’t pass it on but I didn’t know what to do instead. Dr. Casares gave me language, perspective, and permission to parent differently without shame. I walked away with actual phrases I could use with my kids and a much calmer approach to body confidence.”

—BREANNA G., PARENT



TOPICS & SUB-TOPICS

Parenting Education

Body Image & Media Influence

Preventive Medicine

Clinical Practice Transformation

Mental Health & Student Wellbeing

School Climate & Safety

TAGS

Bullying Prevention

Social Emotional Learning

Weight-Inclusive Care

Eating Disorder Prevention

Social Media & Kids

Raising Body-Confident Kids

TYPE OF SPEAKER

Parent Keynotes

Educator Keynotes

Medical / Pediatric
Keynotes

Workshops/Panels

