

Eating Disorder Resources for Families

Tips for Parents

- Educate yourself on Eating Disorders
- Remind your child they have people who care and support them
- Be Honest: Talk openly about your concerns. Avoiding it or ignoring will not help the situation. Use first person "I" statements to convey your concerns (ie "I have noticed you haven't been joining us for dinner lately", "I am worried about your health").
- Listen openly, share your concerns by delivering the facts you observed: Calmly point out behaviors or observations not directly related to eating or weight which may be easier for the child to accept.
- Compliment strengths that are not related to eating, appearance, or weight
- Keep some normalcy with routines. Plan family activities after meals to help redirect the attention.
- Ask for and accept help as eating disorders can take an emotional toll on the entire family
- Recovery takes time. Be patient and stay away from placing blame or guilt on family members
- Follow guidance given on meal planning, physical activities recommended by the treatment team and dietitian.
- Stay firm and remember that best outcomes occur when all caregivers are on the same page.

Online Resources for Families

NEDA (National Eating Disorder Association)

<https://www.nationaleatingdisorders.org/learn/help/caregivers>

<https://www.nationaleatingdisorders.org/parent-toolkit>

The National Eating Disorder Association (NEDA) is the largest non-profit organization dedicated to supporting individuals and families affected by eating disorders providing education, toolkits for parents, help and support.

F.E.A.S.T (Families Empowered and Supporting Treatment of Eating Disorders)

<https://www.feast-ed.org>

A non-profit global online support group of parents and volunteers offering education, resources, advocacy and family support.

The Emily Program

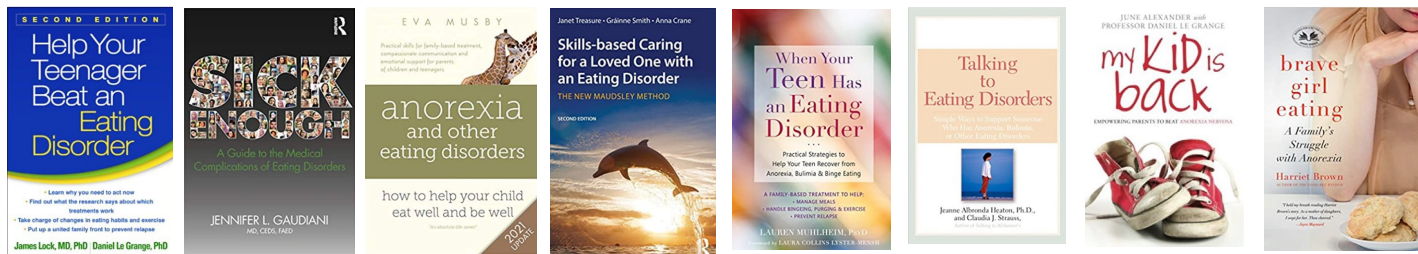
<https://www.emilyprogram.com/for-families/resources-for-families>

Maudsley Parents

<http://www.maudsleyparents.org>

Offers information on Eating Disorders, family based treatment, family stories of recovery, supportive parent-to-parent advice

Book Recommendations



- Help Your Teenager Beat an Eating Disorder by Lock & Le Grange
- Sick Enough by Jennifer Gaudiani, MD
- Anorexia and other eating disorders by Eva Musby
- Skill-based Caring for a Loved One with an Eating disorder by J. Treasure, G. Smith and A. Crane
- When Your Teen has an Eating Disorder by Lauren Muhlheim
- Talking to Eating Disorders: Simple Ways to Support someone who has Anorexia, Bulimia, or Other Eating Disorders by JA Heaton, CJ Strauss
- Life Without ED by Jenni Schaefer
- My Kid is back: Empowering parents to beat Anorexia Nervosa by June Alexander, Daniel Le Grange
- Brave Girl Eating: A Family's Struggle with Anorexia by Harriet Brown

Video and Audio Resources for Families

Eating Disorders Meal Support: Helpful Approaches for Families by the Provincial Specialized ED Program
<https://www.youtube.com/watch?v=pPSLdUUITWE>

Modelling Support by Janet Treasure
<https://www.youtube.com/watch?v=5jHXcUeOgTk>

Video and Audio resources by Eva Musby
<https://anorexiafamily.com/videos-eating-disorder-anxiety-child/?v=7516fd43adaa>

Referral Resources

UC San Francisco Eating Disorders Program
<https://eatingdisorders.ucsf.edu/>
Initial Outpatient appointments: 415-514-1074

Stanford Eating Disorders Program
<https://www.stanfordchildrens.org/en/service/eating-disorders-program>
Initial outpatient appointments: 650-723-5511

Center for Discovery
<https://centerfordiscovery.com/>
Intensive outpatient, Partial Hospitalization, Residential Treatment: 866-482-3876

UC San Diego Eating Disorders Center
<http://eatingdisorders.ucsd.edu/>
Partial Hospitalization, Intensive Outpatient Program: 858-534-8019