

## Handout for carers and adoptive parents Eating disorders

### Suggestions

- Be supportive and caring and a good listener
- Try to stay calm; don't get frustrated and emotional
- Remember, advice may be ignored
- Don't dwell on appearance and weight
- Talk about health and relationships
- Don't nag, plead or get into arguments about food. It won't work
- Respect privacy
- Eat as a family at least once a day
- Don't let the child always decide when, what and where you will eat. They should not control everything
- Keep mealtimes social and happy. Don't talk about food
- One step at a time
- Have fun with the child, e.g. a film, shopping, day out at theme park. Don't talk about food
- Try not to feel guilty. Do the best you can and be gentle with yourself.

### Useful organisations

#### **Beat, beating eating disorders**

103 Prince of Wales Road  
Norwich NR1 1DW  
UK

Adult Helpline: 0845 634 1414

Youthline: 0845 634 7650

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

#### **Young Minds**

102-108 Clerkenwell Road  
London EC1M 5SA  
UK

Telephone: 020 7336 8445

Fax: 020 7336 8446

Parents' Information Service: 0800 018 2138

E-mail: [enquiries@youngminds.org.uk](mailto:enquiries@youngminds.org.uk)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

A range of useful leaflets about eating disorders.