



EATING DISORDER INFO FOR PARENTS/LOVED ONES

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What are Eating Disorders?

- Serious and complex mental illnesses, not a choice
- Can affect anyone in any body
 - Can occur in children under 10 years old
- Have a variety of risk factors including:
 - Personality type, history of trauma, presence of other mental illnesses, societal pressures, frequent dieting, bullying, increased stress, and more
- Someone can have a severe eating disorder at **any** weight; only 6% of people with eating disorders are underweight

Eating Disorder Signs You May See In Your Child

- Intense fear of weight gain
- Frequent comments on needing to lose weight
- Skips meals/restricts food intake
- Evidence of binge eating and/or throwing up after meals
- Disappears to bathroom after eating
- Change in mood/personality- mood swings, withdrawing from normal activities, irritability
- Excessive exercising, exercising when sick/ill
- Fear of eating around others
- Hiding/hoarding food
- New diet- cutting out entire food groups (ex: no sugar, no carb, vegan, etc)
- Fluctuations in weight either up or down
- Fainting, reports of dizziness
- Many food rules/rituals

If Concerned About Your Child's Eating/Body Image

1. Talk to your child about your concerns, use "I" statements
 - a. "I'm worried about you because..."
 - b. "I've noticed..."
2. Call for a free eating disorder screening:
 - a. Rogers Behavioral Health (800-767-4411)
 - b. Eating Recovery Center (1-866-492-1321)
3. Reach out to your child's pediatrician
4. Consider seeking the help of an eating disorder therapist/dietitian

*For additional reading: View the National Eating Disorder Association Parent Toolkit

Support for Parents & Loved Ones

- Live RecoverED's Loved Ones Support Group via Facebook
- FEAST Forums feast-ed.org
- Center for Discovery Support Group for Loved Ones
- National Alliance for Eating Disorders Virtual Friends and Family Group

Contact

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