

Eating Disorders A Parents Guide Second Edition

Help Your Teenager Beat an Eating Disorder
Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, & Positive Body Image at Home
Start Here
What I Lost
The Parent's Guide to Self-harm
Good Enough: A Novel
What Happens Next
Anorexia And Bulimia: A Parent's Guide To Recognising Eating Disorders and Taking Control
A Parent's Guide to Eating Disorders and Obesity
Eating Disorders When Your Teen Has an Eating Disorder
Helping Your Child with Extreme Picky Eating
Teen Health Book
When Your Child Has an Eating Disorder
Eating Disorders A Parent's Guide to Defeating Eating Disorders
Decoding Anorexia
Anorexia - A Parent's Guide - How to Help Your Child Overcome Anorexia
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Help for Eating Disorders
Take Charge of Your Child's Eating Disorder
ARFID
Avoidant Restrictive Food Intake Disorder
Eating Disorders in Children and Adolescents
Food Fight
The Parent's Guide to Eating Disorders
How to Nourish Your Child Through an Eating Disorder
3
Willows
The Parent's Guide to Eating Disorders
Skills-based Caring for a Loved One with an Eating Disorder
Eating Disorders
The Parent's Guide to Childhood Eating Disorders
Helping Your Child Overcome an Eating Disorder
My Kid Is Back
The Parents' Guide to Body Dysmorphic Disorder
The Parent's Guide to Eating Disorders
A Parent's Guide to Intuitive Eating
The Parent's Guide to Eating Disorders
Exam Prep for: Eating Disorders; A Parents Guide, Second Paperweight

Help Your Teenager Beat an Eating Disorder

In *Helping Your Child with Extreme Picky Eating*, a family doctor specializing in childhood feeding joins forces with a speech pathologist to help you support your child's nutrition, healthy growth, and end meal-time anxiety (for your child and you) once and for all. Are you parenting a child with "extreme" picky eating? Do you worry your child isn't getting the nutrition he or she needs? Are you tired of fighting over food, suspect that what you've tried may be making things worse, but don't know how to help? Having a child with "extreme" picky eating is frustrating and sometimes scary. Children with feeding disorders, food aversions, or selective eating often experience anxiety around food, and the power struggles can negatively impact your relationship with your child. Children with extreme picky eating can also miss out on parties or camp because they can't find "safe" foods. But you don't have to choose between fighting over every bite and only serving a handful of safe foods for years on end. *Helping Your Child with Extreme Picky Eating* offers hope, even if your child has "failed" feeding therapies before. After gaining a foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (built around the clinically proven STEPS+ approach—Supportive Treatment of Eating in PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth. You'll discover specific strategies for dealing with anxiety, low appetite, sensory challenges, autism spectrum-related feeding issues, oral motor delay, and medically-based feeding problems. Tips and exercises reinforce what you've learned, and dozens of "scripts" help you respond to your child in the heat of the moment, as well as to others in your child's life (grandparents or your child's teacher) as you help them support your family on this journey. This book will prove an invaluable guide to restore peace to your dinner table and help you raise a healthy eater.

Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating, & Positive Body Image at Home

This indispensable manual presents the leading empirically supported treatment approach for adolescents with anorexia nervosa (AN). What sets family-based treatment apart is the central role played by parents and siblings throughout therapy. The book gives practitioners a clear framework for

mobilizing parents to promote their child's weight restoration and healthy eating; improving parent-child relationships; and getting adolescent development back on track. Each phase of therapy is described in session-by-session detail. In-depth case illustrations show how to engage clients while flexibly implementing the validated treatment procedures. New to This Edition*Reflects the latest knowledge on AN and its treatment, including additional research supporting the approach.*Clarifies key concepts and techniques.*Chapter on emerging directions in training and treatment dissemination.*Many new clinical strategies.

Start Here

This is the first book to present a roadmap for tailoring acceptance and commitment therapy (ACT) to the serious, complex challenges of anorexia nervosa (AN). Leading authorities describe interventions grounded in ACT core processes--Defusion, Acceptance, Attention to the Present Moment, Self-Awareness, Values, and Committed Action. Guidance is provided for conducting functional assessments with adolescents and adults and working toward individualized treatment goals, starting with weight restoration. The book also discusses ways to engage parents and other family members in treatment. It features therapist scripts, sample dialogues, case examples, and reproducible forms and handouts. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials.

What I Lost

Skills-based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, it offers detailed techniques and strategies, which aim to improve professionals' and carers' ability to build continuity of support for their loved ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.

The Parent's Guide to Self-harm

The first book on self-harm written for parents by parents. Are you concerned that your child may be self-harming? Are you wondering what to do for the best? Do you need more information and help? If so, this is the book for you. An ever-increasing number of young people are turning to self-harm in order to cope with the pressures of modern living, and this poses a huge problem for parents and others who care for them. This book provides the answers you need to questions such as: * How do I know for sure whether my child is self-harming? * How should I approach my child? * What help and treatment is available to us? * What can I do to help my child? * How have other parents coped? Full of the real-life experiences of other parents who have been there, this is a practical book that will both inform and equip you to help your child and yourself through this difficult time.

Good Enough: A Novel

The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior.

Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

What Happens Next

At least 1.1 million people in the UK are affected by an eating disorder, with people aged 14-25 most at risk. Books about eating disorders are often quite academic and aimed at the sufferer themselves. Very little is available for parents of sufferers. Jane Smith, director of Anorexia Bulimia Care charity has written this book, in collaboration with Care for the Family to provide practical advice for parents of eating disorder sufferers. Jane draws on her own experience of helping her young daughter through an eating disorder as well as case studies of the many families ABC has helped over the years. Includes answers to the most frequently asked questions ABC receives from parents. Supported by new seminars on the subject run by Care for the Family and a foreword by Rob Parsons.

Anorexia And Bulimia: A Parent's Guide To Recognising Eating Disorders and Taking Control

Utilizing a nutritional approach to treatment, a practical handbook offers parents helpful and effective advice on how to deal with eating disorders in preteens and adolescents, explaining how to identify the warning signs of problems, normalize eating and exercise, know when to seek professional help, avoid a relapse, and help youngsters cope with potential triggers. Original. 20,000 first printing.

A Parent's Guide to Eating Disorders and Obesity

If your teenager shows signs of having an eating disorder, you may hope that, with the right mix of love, encouragement, and parental authority, he or she will just "snap out of it." If only it were that simple. To make matters worse, certain treatments assume you've somehow contributed to the problem and prohibit you from taking an active role. But as you watch your own teen struggle with a life-threatening illness, every fiber of your being tells you there must be some part you can play in restoring your child's health. In *Help Your Teenager Beat an Eating Disorder*, James Lock and Daniel Le Grange--two of the nation's top experts on the treatment of eating disorders--present compelling evidence that your involvement as a parent is critical. In fact, it may be the key to conquering your child's illness. *Help Your Teenager Beat an Eating Disorder* provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal. Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now. This book shows how.

Eating Disorders

Eating problems in children and teenagers are very common. Yet myths about the problem abound and it can be very difficult to separate the facts from popular beliefs; unusual or disturbed eating patterns can be understandably bewildering and distressing for parents. Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and will give you advice on what you and others can do to manage the situation.

Written by experienced clinicians, this new edition of *Eating Disorders: A Parents' Guide* is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to the subject with practical advice, this book represents the first step towards diagnosis and treatment. Case-studies are used to help parents to understand their children's experiences of this complex and challenging subject and sensitive advice is offered on a range of issues, including: how to identify a complete range of eating difficulties how to approach specific problems where to seek help and treatment. This book will be welcomed by anyone who is concerned about the eating habits of their children and will be invaluable to professionals working with those suffering from eating disorders.

When Your Teen Has an Eating Disorder

The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

Helping Your Child with Extreme Picky Eating

If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. *When Your Teen Has an Eating Disorder* will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

Teen Health Book

In this heartfelt and accessible middle grade novel perfect for fans of *The Thing About Jellyfish*, a young girl throws herself into solving a local mystery to keep from missing her older sister, who has been sent to an eating disorder treatment facility. Astronomy-obsessed Abby McCourt should be thrilled about the solar eclipse her small town of Moose Junction is about to witness, but she's not. After her older sister Blair was sent away for an eating disorder, Abby has been in a funk. Desperate to dull the pain her sister's absence has left, she teams up with a visiting astronomer to help track down his long-lost

telescope. Though this is supposed to take Abby's mind off the distance between her and Blair, what she finds may bring her closer to her sister than she ever thought possible.

When Your Child Has an Eating Disorder

At least 1.1 million people in the UK are affected by an eating disorder, with people aged 14-25 most at risk. Books about eating disorders are often quite academic and aimed at the sufferer themselves. Very little is available for parents of sufferers. Jane Smith, director of Anorexia Bulimia Care charity has written this book, in collaboration with Care for the Family to provide practical advice for parents of eating disorder sufferers. Jane draws on her own experience of helping her young daughter through an eating disorder as well as case studies of the many families ABC has helped over the years. Includes answers to the most frequently asked questions ABC receives from parents. Supported by new seminars on the subject run by Care for the Family and a foreword by Rob Parsons.

Eating Disorders

Building a supportive and open relationship with young people suffering from eating disorders is key to assisting the recovery process. This book is packed with metaphorical explanations that will allow parents and caregivers to ally themselves with treatment rather than the eating disorder, and take positive steps with their child towards a full and lasting recovery. Written by experienced eating disorder specialists, the book will help caregivers to reach out to young people having difficulty cooperating with treatment. Its effective use of analogies and metaphors helps to crystallize a practical understanding of eating disorders and the crucial aspects of the treatment process. Integrating medical, psychological, and narrative aspects, as well as the visual (with illustrations), it encourages the reader, and by extension the sufferer, to conceptualize each step towards health. This book will be an invaluable tool for families, friends, and those working with young people suffering from eating disorders. The fresh perspective will also appeal to mental health professionals and anyone else working in the field.

A Parent's Guide to Defeating Eating Disorders

Straightforward solutions to difficult problems. Most teenagers have a friend who has been affected by an eating disorder. Such disorders affect almost 20% of teenage girls in North America at some point in their development. Magazines and movies constantly stress a thin body image as the defining force for popularity. The message teenagers get is that thin is the only route to popularity and happiness. Through the Eating Disorder Program, Drs. Katzman and Pinhas, at The Hospital for Sick Children, have developed a program that helps young people and their parents deal with the problems of eating disorders such as anorexia nervosa and bulimia. First, the book shows parents how to identify an eating disorder and when to become concerned about it. Second, there is vital information for parents on how to become informed users of the health care system and how to collaborate in their child's treatment. Third, practical support for parents, family members and coaches enables them to participate in the recovery of a child or adolescent with an eating disorder. Worksheets, diaries and first-person case studies assists parents and caregivers to help youth overcome an eating disorder.

Decoding Anorexia

A practical guide designed to help parents navigate the crucial health issues that accompany the teen years covers sexuality, eating disorders, substance abuse, acne, growth, and development.

Anorexia - A Parent's Guide - How to Help Your Child Overcome Anorexia

When a child develops anorexia nervosa, parents often don't know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this eating disorder. Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of anorexia nervosa and information about where to go for help. It also features the stories of ten families who describe how they coped and the journeys they have made in beating the illness.

Treatment Manual for Anorexia Nervosa, Second Edition

ACT for Anorexia Nervosa

An introduction to eating disorders, with practical advice on recognising, understanding and dealing with the problem.

Help for Eating Disorders

summer is a time to grow seeds Polly has an idea that she can't stop thinking about, one that involves changing a few things about herself. She's setting her sights on a more glamorous life, but it's going to take all of her focus. At least that way she won't have to watch her friends moving so far ahead. roots Jo is spending the summer at her family's beach house, working as a busgirl and bonding with the older, cooler girls she'll see at high school come September. She didn't count on a brief fling with a cute boy changing her entire summer. Or feeling embarrassed by her middle school friends. And she didn't count on her family at all. . . leaves Ama is not an outdoorsy girl. She wanted to be at an academic camp, doing research in an air-conditioned library, earning A's. Instead her summer scholarship lands her on a wilderness trip full of flirting teenagers, blisters, impossible hiking trails, and a sad lack of hair products. It is a new summer. And a new sisterhood. Come grow with them. From the Hardcover edition.

Take Charge of Your Child's Eating Disorder

When Your Child has an Eating Disorder is the first hands-on workbook to help parents successfully intervene when they suspect their child has an eating disorder. This step-by-step guide is filled with self-tests, questions and answers, journaling and role playing exercises, and practical resources that give parents the insight they need to understand eating disorders and their treatment, recognize symptoms in their child, and work with their child toward recovery. This excellent and effective resource is one therapists can feel confident about recommending to patients.

ARFID Avoidant Restrictive Food Intake Disorder

The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and

hospital programs, and references.

Eating Disorders in Children and Adolescents

Offers advice on detecting a problem, getting help, the family's role, treatment, and more

Food Fight

A comprehensive guide to eating disorders, discussing their causes, symptoms, and solutions.

The Parent's Guide to Eating Disorders

Help your child eat normally again Parents are the first to know when their child starts behaving differently. Has your son stopped eating his favorite food, or does he refuse to eat out with friends? Has your daughter drastically increased her exercise regimen, or become obsessed with health foods? These are among the telltale signs that your child, like millions of others, may have an eating disorder (ED). In this essential guide, registered dietitians Casey Crosbie and Wendy Sterling introduce an all-new strategy you can use to help your child at home. The Plate-by-Plate approach is rooted in family-based treatment (FBT)—the leading psychological therapy for EDs. Unlike complicated “exchange” systems, this is simple: Crosbie and Sterling coach you through every aspect of meeting your child’s nutritional needs, using just one tool—a ten-inch plate. Paired with therapy, this intuitive, visual method is the best way to support your child on the path to recovery. Plus, the authors cover how to talk about diet and weight, what to do while traveling, what to expect from your child’s doctor, and much more.

How to Nourish Your Child Through an Eating Disorder

Decoding Anorexia is the first and only book to explain anorexia nervosa from a biological point of view. Its clear, user-friendly descriptions of the genetics and neuroscience behind the disorder is paired with first person descriptions and personal narratives of what biological differences mean to sufferers. Author Carrie Arnold, a trained scientist, science writer, and past sufferer of anorexia, speaks with clinicians, researchers, parents, other family members, and sufferers about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses: • How environment is still important and influences behaviors • The characteristics of people at high risk for developing anorexia nervosa • Why anorexics find starvation “rewarding” • Why denial is such a salient feature, and how sufferers can overcome it Carrie also includes interviews with key figures in the field who explain their work and how it contributes to our understanding of anorexia. Long thought to be a psychosocial disease of fickle teens, this book alters the way anorexia is understood and treated and gives patients, their doctors, and their family members hope.

3 Willows

Eating problems in children and teenagers are very common. Yet myths about the problem abound and it can be very difficult to separate the facts from popular beliefs; unusual or disturbed eating patterns can be understandably bewildering and distressing for parents. Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and will give you advice on what you and others can do to manage the situation. Written by experienced clinicians, this new edition of Eating Disorders: A Parents' Guide is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to

the subject with practical advice, this book represents the first step towards diagnosis and treatment. Case-studies are used to help parents to understand their children's experiences of this complex and challenging subject and sensitive advice is offered on a range of issues, including: how to identify a complete range of eating difficulties how to approach specific problems where to seek help and treatment. This book will be welcomed by anyone who is concerned about the eating habits of their children and will be invaluable to professionals working with those suffering from eating disorders.

The Parent's Guide to Eating Disorders

The first book offering support for parents and carers of children and young people with Body Dysmorphic Disorder (BDD), this guidebook explains the condition as well as the impact that it may have in education settings, family life and socialisation. The guide begins by explaining how and why BDD emerges, before moving onto an exploration of how the mental health condition presents itself emotionally, psychologically, physically and behaviourally. It then offers practical advice and guidance for parents and carers on talking to their child about BDD, seeking professional treatment, considering medication, managing social media use, working with schools to build a recovery team and more. The Parent's Guide to Body Dysmorphic Disorder is an essential guidebook for parents of children of children and young people with BDD.

Skills-based Caring for a Loved One with an Eating Disorder

Bringing together leading authorities, this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents. The book reveals how anorexia nervosa, bulimia nervosa, and other disorders present differently developmentally and explains their potentially far-reaching impact on psychological, physical, and neurobiological development. It provides guidelines for developmentally sound assessment and diagnosis, with attention to assessment challenges unique to this population. Detailed descriptions of evidence-based therapies are illustrated with vivid case examples. Promising directions in prevention are also addressed. A special chapter offers a parent's perspective on family treatment.

Eating Disorders

A young girl with an eating disorder must find the strength to recover in this moving middle-grade novel from Jen Petro-Roy Before she had an eating disorder, twelve-year-old Riley was many things: an aspiring artist, a runner, a sister, and a friend. But now, from inside the inpatient treatment center where she's receiving treatment for anorexia, it's easy to forget all of that. Especially since under the influence of her eating disorder, Riley alienated her friends, abandoned her art, turned running into something harmful, and destroyed her family's trust. If Riley wants her life back, she has to recover. Part of her wants to get better. As she goes to therapy, makes friends in the hospital, and starts to draw again, things begin to look up. But when her roommate starts to break the rules, triggering Riley's old behaviors and blackmailing her into silence, Riley realizes that recovery will be even harder than she thought. She starts to think that even if she does "recover," there's no way she'll stay recovered once she leaves the hospital and is faced with her dieting mom, the school bully, and her gymnastics-star sister. Written by an eating disorder survivor and activist, *Good Enough* is a realistic depiction of inpatient eating disorder treatment, and a moving story about a girl who has to fight herself to survive.

The Parent's Guide to Childhood Eating Disorders

This emotionally haunting and beautifully written young adult debut delves into the devastating impact

of trauma and loss, in the vein of Laurie Halse Anderson's *Wintergirls*. Seventeen-year-old Stevie is trapped. In her life. In her body. And now in an eating-disorder treatment center on the dusty outskirts of the New Mexico desert. Life in the center is regimented and intrusive, a nightmare come true. Nurses and therapists watch Stevie at meal time, accompany her to the bathroom, and challenge her to eat the foods she's worked so hard to avoid. Her dad has signed her up for sixty days of treatment. But what no one knows is that Stevie doesn't plan to stay that long. There are only twenty-seven days until the anniversary of her brother Josh's death—the death she caused. And if Stevie gets her way, there are only twenty-seven days until she, too, will end her life. *Paperweight* follows seventeen-year-old Stevie's journey as she struggles not only with a life-threatening eating disorder, but with the question of whether she can ever find absolution for the mistakes of her past—and whether she truly deserves to.

Helping Your Child Overcome an Eating Disorder

Turn picky eaters into happy, healthy eaters! Breaking down intuitive eating in a way that's easy to understand and even easier to implement, this book shows you how to help your children develop a positive relationship with food. It offers a system that builds healthy habits and better mindsets that will last a lifetime. Through the techniques and tips in this book, you'll discover how to eliminate stress, anxiety and food battles and instead enjoy feeding your confident eater! Written by a board-certified pediatrician and mom, this book will set your family up for success when it comes to making decisions in the kitchen, grocery store, and restaurant. The actionable advice in *A Parent's Guide to Intuitive Eating* will transform healthy eating from a chore into a happy habit!

My Kid Is Back

This is a true story of how I overcame anorexia. It offers useful advice for parent's of anorexic children.

The Parents' Guide to Body Dysmorphic Disorder

Eating disorders require a complex combination of psychological, medical, and nutritional approaches. As a parent, you are the constant guardian of your child's health, but often the best way to extend treatment from the examining room to the living room isn't clear. *Take Charge of Your Child's Eating Disorder* is a hands-on, medically-based guide that tells you what you need to know about eating disorders. As the founder and director of the Adolescent Eating Disorder Parent Education and Support Program at Stanford University, Dr. Pamela Carlton has treated hundreds of children and adolescents with eating disorders as well as guided their parents through the maze of eating disorder treatments. This book offers a wealth of crucial information, including: Warning signs and diagnostic criteria for anorexia, bulimia, and eating disorders not otherwise specified (EDNOS) Facts about the "hidden" eating disorder — "Female Athletic Triad" A step-by-step plan for diagnosis, treatment options, and recovery support Detailed advice for putting together and successfully managing a treatment team The real story about insurance: what's covered, what's not, and how to fight the system Specific strategies for handling delicate situations, talking to your child, and accessing the most up-to-date resources

The Parent's Guide to Eating Disorders

What sixteen-year-old Elizabeth has lost so far: forty pounds, four jean sizes, a boyfriend, and her peace of mind. As a result, she's finally a size zero. She's also the newest resident at Wallingfield, a treatment center for girls like her—girls with eating disorders. Elizabeth is determined to endure the program so she can go back home, where she plans to start restricting her food intake again. She's pretty sure her mom, who has her own size-zero obsession, needs treatment as much as she does. Maybe even more. Then

Elizabeth begins receiving mysterious packages. Are they from her ex-boyfriend, a secret admirer, or someone playing a cruel trick? This eloquent debut novel rings with authenticity as it follows Elizabeth's journey to taking an active role in her recovery, hoping to get back all that she lost.

A Parent's Guide to Intuitive Eating

From two of the top child and adolescent psychiatrists at The Hospital for Sick Children comes an accessible guide to common mental health struggles, such as anxiety and depression, for any parent wondering how to help their child. Is my child okay? Is she eating and sleeping enough? Is he hanging out with the right people? Should I be worried that she spends all her time in her room? Is this just a phase? Or a sign of something serious? As parents, we worry about our children—about their physical health, performance at school, the types of friends they have, and, of course, their mental health. Every day seems to bring new and expanding issues and disorders and troubling statistics about the rise of mental illness in children and teens. It's usually obvious what to do for physical injuries like broken bones, but when it comes to our children's mental health, the answers are much less clear, and sometimes even contradictory. Pier Bryden and Peter Szatmari, top child and adolescent psychiatrists, are here to help. Using their combined six decades working with families and kids—and their own experiences as parents—they break down the stigma of mental health illness and walk parents through the warning signs, risk factors, prevention strategies, and the process of diagnosis and treatment for mental health challenges arising from: Eating disorders Anxiety Psychosis Sleep Disorders Substance Use Disorders ADHD Autism Depression Trauma Suicidal thoughts and behaviors The most important thing to remember as a parent is that you and your child are not alone. Wellness is a continuum, and there is a lot parents can do to bring their child back to a place of safety. The road ahead isn't always easy or straightforward, but this guidebook offers essential advice that every parent needs to advocate for their child.

The Parent's Guide to Eating Disorders

ARFID Avoidant Restrictive Food Intake Disorder: A Guide for Parents and Carers is an accessible summary of a relatively recent diagnostic term. People with ARFID may show little interest in eating, eat only a very limited range of foods or may be terrified something might happen to them if they eat, such as choking or being sick. Because it has been poorly recognised and poorly understood it can be difficult to access appropriate help and difficult to know how best to manage at home. This book covers common questions encountered by parents or carers whose child has been given a diagnosis of ARFID or who have concerns about their child. Written in simple, accessible language and illustrated with examples throughout, this book answers common questions using the most up-to-date clinical knowledge and research. Primarily written for parents and carers of young people, ARFID Avoidant Restrictive Food Intake Disorder includes a wealth of practical tips and suggested strategies to equip parents and carers with the means to take positive steps towards dealing with the problems ARFID presents. It will also be relevant for family members, partners or carers of older individuals, as well as professionals seeking a useful text, which captures the full range of ARFID presentations and sets out positive management advice.

Exam Prep for: Eating Disorders; A Parents Guide, Second

Anorexia nervosa is a condition in which sufferers diet continually and starve themselves. They may also use laxatives, vomiting or exercise excessively in order to control weight. Anorexia usually occurs in young women, starting in their teens, and it is estimated that about 2 per cent of all young women suffer from it. Bulimia is an eating disorder which is also on the rise among young people. They use the

binge/purge cycle to extreme in their attempts to control their weight. This is a comprehensive, positive and practical guide to detecting the early signs of eating disorders and then curing them. Written with years of experience and expertise, it encourages parents to understand the illness, overcome their fears and take control of the situation, whether that means enforcing a strict meal plan or taking the decision to seek professional help. The book includes early signs to look out for; the possible effects of the illness, both physical and psychological; the treatments available and, most importantly, the plan, which helps parents to take positive action and really make a difference to their child's life.

Paperweight

This book, written by the experts at the Yale University Center for Eating and Weight Disorders, offers you concrete strategies you can use at home to facilitate and support your child's recovery from an eating disorder. Between 5 and 10 million people between the ages of twelve and twenty suffer from either anorexia or bulimia. This comprehensive workbook offers help to you and your family when one of your children is struggling with an eating disorder. The book is also a powerful tool for professionals who work with adolescents and teenagers suffering from these disorders.

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