

Eating Disorder Resources for Parents

BOOKS:

Anorexia and other eating disorders - how to help your child eat well and be well - Eva Musby

Helping Your Teenager Beat an Eating Disorder – James Lock and Daniel le Grange

(Available on ground floor at 'Kids Health Info' at RCH)

Brave Girl Eating – Harriet Brown

Decoding Anorexia - Carrie Arnold

My Kid is Back- June Alexander & Daniel le Grange

Throwing Starfish across the Sea - Laura Collins & Charlotte Bevan

Other books can be found at: http://evamusby.co.uk/anorexia-nvc-mindfulness-links/anorexia-books-links-review/#Laura_Collins_Lyster-Mensh

All books are available <https://www.bookdepository.com/> with free shipping

WEBSITES:

www.maudsleyparents.org Website explaining Family Based Treatment (FBT).

<http://evamusby.co.uk/anorexia-help-your-child-eat-with-trust-not-logic/> &

<http://evamusby.co.uk/videos-eating-disorder-anxiety-child/> Practice short videos for parents for meal support and how to engage in the eating disorder debate.

www.feast-ed.org International organization for caregivers of eating disorder patients. Serves families by providing information and mutual support.

- FACT SHEETS - <http://www.feast-ed.org/?page=PrintableResources>

- GUIDE BOOKS - <http://www.feast-ed.org/donations/fund.asp?id=8621>

www.aroundthedinnertable.org Forum with parents of children with eating disorders sharing strategies and stories

<http://www.eatingdisorders.org.au/> Eating Disorders Victoria. Eating Disorders Victoria (EDV) provides a comprehensive support and information service on all aspects of eating disorders.

<https://www.youtube.com/watch?v=pPSLdUUITWE> & <http://keltyeatingdisorders.ca/> Kelty Eating Disorder Meal support video and support resources

www.mindfulnessforteens.com Mindfulness Resources for young people.

APPS:

Smiling Mind