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](http://evamusby.co.uk/anorexia-nvc-mindfulness-links/anorexia-books-links-review/#Laura_Collins_Lyster-Mensh)

All books are available [https://www.bookdepository.com/](https://www.bookdepository.com/) with free shipping

**WEBSITES:**

- [www.maudsleyparents.org](http://www.maudsleyparents.org) Website explaining Family Based Treatment (FBT).
- [www.feast-ed.org](http://www.feast-ed.org) International organization for caregivers of eating disorder patients. Serves families by providing information and mutual support.
- [www.aroundthedinnertable.org](http://www.aroundthedinnertable.org) Forum with parents of children with eating disorders sharing strategies and stories
- [https://www.youtube.com/watch?v=pPSldUUITWE](https://www.youtube.com/watch?v=pPSldUUITWE) & [http://keltyeatingdisorders.ca/](http://keltyeatingdisorders.ca/) Kelty Eating Disorder Meal support video and support resources
- [www.mindfulnessforteens.com](http://www.mindfulnessforteens.com) Mindfulness Resources for young people.

**APPS:**

- Smiling Mind