

Educational Teleconference on Understanding Eating Disorder and your child

Date: Oct 21, 2009

Time: 7-8pm

Presenter: Kit Standish, Nurse clinical Coordinator at the BC Children's Hospital,
Provincial Specialized Eating Disorders Program

Topic: **Voices from youth with Eating Disorders**

Suggestions to parents from the youth struggling with eating disorders

1. Separate us from the Eating Disorder. Treat me as an individual, and understand me according to my personality, not by the disorder. I am not the Eating Disorder.
2. It is no one's fault, no one should be blamed. I want my parents to be supportive of me, and they should give hope and strength to me.
3. I heard that the recovery rate is excellent – 100%! The younger and the sooner I get help, the faster is my recovery.
4. Don't force me to eat. I have to do it on my own pace and own time. Let my eating patterns slowly become better.... don't expect I can be perfect.
5. Don't let the Eating Disorder get in my way of my leading a normal life. For example, I like to discuss and work out a meal plan together but don't force me to eat to perfection.
6. Don't be overbearing. Try to understand my current mood, and adjust your support and attitude accordingly.
7. Try and let me live a normal life. Encourage me to have a social life (but not to any extreme). I do not want to feel strange nor like to be treated differently.
8. Parents should seek help from other people who are in a similar situation, or from professionals.
9. Punishments and rewards should not define the basis for making me eat. It is better if I can create a healthy eating pattern for myself, not for the anticipation of a reward, or because of the fear of punishment.
10. I understand that my parents have to set limits and coach me to eat more than I want to when the eating disorder voices are strong... otherwise I wouldn't eat enough.