



## Info Rx **Supporting a Child with an Eating Disorder**

Eating disorders are mental illnesses causing serious disturbances in eating behaviours. Below you will find resources to help you better understand this topic and support your family member with an eating disorder.

**Borrow these books from the FCRC or check your local library!**

### **Surviving an Eating Disorder: Strategies for Family and Friends, 3<sup>rd</sup> ed.**

*Michele Siegel, Judith Brisman, and Margot Weinschel*

This book offers support and solutions for family, friends, and all others who are affected by a loved one's eating disorder.

### **Help Your Teenager Beat an Eating Disorder 2<sup>nd</sup> ed.**

*James Lock and Daniel Le Grange*

This book demonstrates how parental involvement in the treatment of an eating disorder benefits the struggling child and provides the tools you need to ensure that your child develops nourishing eating habits and life-sustaining attitudes.

### **Skills Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method, 2<sup>nd</sup> ed.**

*Janet Treasure, Grainne Smith, and Anna Crane*

Skills-based Learning for Caring for a Loved One with an Eating Disorder equips caregivers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery.

### **Book of Hope: Stories of Love, Courage and Recovery from Families who have Battled Eating Disorders**

*Sue Huff*

Huff's daughter was diagnosed with anorexia at the age of 14. Baffled and afraid, Sue realized she needed to connect with other families who understood the journey. This book is the result: a powerful collection of stories, told from the perspective of both the individuals with eating disorders and the parent(s) who walked the path of recovery with them.



## **A Parent's Guide to Defeating an Eating Disorder**

*Ahmed Boachie and Karin Jasper*

Building a supportive and open relationship with young people suffering from eating disorders is key to assisting the recovery process. Written by experienced eating disorder specialists, this book will help caregivers to reach out to young people having difficulty cooperating with treatment.

## **Food Refusal and Avoidant Eating in Children including those with Autism Spectrum Conditions: A Practical Guide for Parents and Professionals**

*Gillian Harris and Elizabeth*

This book provides parents with information, advice and training on how to deal with Avoidant Restrictive Food Intake Disorder (ARFID) and achieve a healthier and more balanced diet.

*Need more information?*

## **Child Health Information Specialist**

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [fcrs.ahs.ca/rx/eating-disorders/](http://fcrs.ahs.ca/rx/eating-disorders/)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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