



Info Rx

Recognizing & Preventing Disordered Eating

Eating disorders are mental illnesses causing serious disturbances in eating behaviours. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

Skinny Boy: A Young Man's Battle and Triumph Over Anorexia

Gary Grahl

Challenging the assumption that anorexia is an exclusively female affliction, this compelling memoir is the first to describe how a young man overcame this often fatal disorder.

Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life

Jenni Schaefer

This book relates that recovering is not just about breaking free from destructive behaviours with food and having a healthy relationship with your body; it also means finding joy and peace in your life.

Real Kids Come in All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem

Kathy Kater

This practical guide shows parents how to help their children maintain body esteem and make healthy choices a routine part of their lives.

Full Mouse, Empty Mouse: A Tale of Food and Feelings

Dina Zeckhausen

Two mice use their diets to cope with stress in different ways in this story that addresses the complex problem of eating disorders.

Just a Little Too Thin: How to Pull Your Child Back From the Brink of an Eating Disorder

Michael Strober and Meg Schneider

Aimed at parents, this book offers guidance on how to discuss weight and eating habits with children as well as describing the warning signs to help parents detect the severity of an impending problem.

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too

Jenni Schaefer

Author Jenni Schaefer shares her personal experiences with an Eating Disorder and how she learned to treat her eating disorder as a relationship, not a condition. By thinking of her eating disorder as a unique personality separate from her own, Jenni was able to break up with Ed once and for all.

Your Child's Weight: Helping Without Harming: Birth Through Adolescence

Ellyn Satter

Using scientific research and clinical experience, Satter demonstrates how parents can help their children eat the right amounts.

I'm Like So Fat!: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World

Dianne Neumark-Sztainer

This upbeat and insightful book is packed with great ideas that will help kids everywhere feel better about their looks and make healthier choices about eating and exercise.

This list was created by caring Families & Professionals

These resources are available to borrow from the Family & Community Resource Centre

Alberta Children's Hospital - 2888 Shaganappi Trail NW, Calgary, AB T3B 6A8
Or check your local library for these resources.

For more information contact the Child Health Information Specialist
at (403) 955-7745 or childhealthinfo@albertahealthservices.ca
Or call Access Mental Health (403)943-1500 Ext 1 (Child and Adolescent Services)

For a list of recommended websites and contributors visit
frcr.albertahealthservices.ca/health-information/library/information-prescriptions
and click on Eating Disorders.

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.



**Alberta Health
Services**

Alberta Children's Hospital

