



TEENAGE STRESS EATING DISORDERS

Two Stories

- What our daughters experienced



- What we experienced as parents





Signs and symptoms

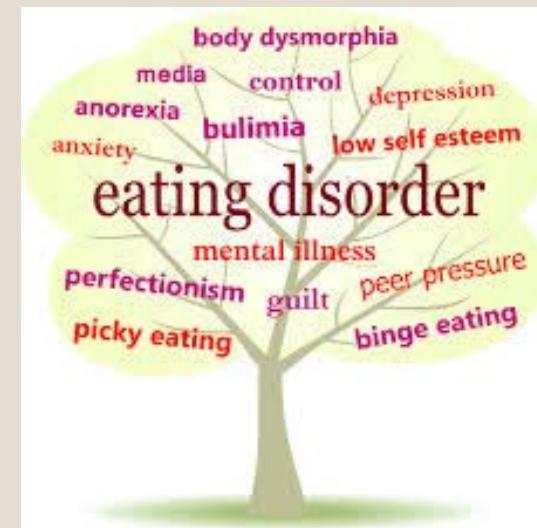
- Everyone is unique!
- Healthy eating
- Secretive, withdrawal, isolation
- Restricting on food, avoiding food, playing with food at table
- Cooking and baking, big interest in cook books, tv food programmes
- Self harm
- Bathroom behavior
- Coffee

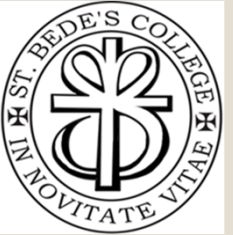




Triggers and causes are multiple

Exams
Talk about diets, healthy eating
Bereavement
Social media
Cultural messages
Comments
Perfectionism
Neurological wiring
Genetics





The dangers

- Organ failure
- Heart issues
- Weakness
- Fainting
- Psychological dangers - , self harm or suicide
- Chronic illness



Our advice

- Seek professional help – quickly!
 - GP and School
 - CAMHS
 - Private therapy – seek recommendation
- Challenge the behavior
- Separate your child from the illness – the illness is like an unwanted guest in your house
- Lots of TLC – from family and friends
- Look after yourself as a parent
- Look out for siblings





Recommended sources

- Websites:
 - BEAT <https://www.beateatingdisorders.org.uk>
 - ABC <http://www.anorexiabulimiacaare.org.uk>
 - FEAST – Around the Dinner Table Forum
<https://www.aroundthedinnertable.org/?forum=136439#gsc.tab=0>
 - Be watchful for of Pro-Ana Pro-Mia sites!
- Books:
 - Janet Treasure Grainne Smith and Anna Crane, *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method.*
 - Eva Musby, *Anorexia and other Eating Disorders : how to help your child eat well and be well.*
 - For the School library: Katie Green, *Lighter than my Shadow – A graphic Novel*