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INFORMATION FOR CONCERNED PARENTS

There will be good days and bad days. With optimism, focus on "the big picture" - **moving towards health**. Be patient with both recovery and your child. Recovery is a process and it is possible. Don't forget to take care of yourself! You need energy to help support your child through this challenging time. Find a support person for yourself.

Warning signs your child may be developing an eating disorder

- Dieting - children may restrict food, cut out foods with fat, count calories in food, etc. .
- Sudden interest in healthy eating - only eats "health" foods, is distressed when faced with a high calorie/high fat meal, spends excessive time thinking/talking/reading about food
- Obvious changes in weight, both up and down . Skipping meals
- Irritability, anxiety, low self-esteem, "just not their usual selves"
- Focused on his/her body size and shape, as well as weight

If you observe the above behaviors consistently in your child

- Remember, early intervention serves as the best predictor of successful recovery to healthy eating
- Voice your concerns in a supportive manner
- "I have noticed you're (tired, anxious, depressed) and I think it may be related to you not eating/throwing up/overeating lately. What do you think?"
- Seek help from your family doctor
- Find out more about eating disorders through books, reliable internet sources, or the Eating Disorders Action Group

If your child is recovering from an eating disorder

- Let your child know that they are not alone in their recovery, that you are there to unconditionally love them. Fight the disorder, not the child
- Don't blame yourself for your child's illness, move past the anger and focus on things you can do that will help your child

