

Eating Disorder Resources

Information for Families

Books families may find helpful:

Helping Your Child Overcome an Eating Disorder: What You Can Do at Home (2003),
by Teachman, Schwartz, Gordic and Coyle

Help Your Teenager Beat an Eating Disorder (2004), by James Lock and Daniel le Grange

Effective Meal Support: A Guide for Family and Friends, by British Columbia Children's Hospital
and Seattle Children's Hospital

Off the C.U.F.F. (Calm, Unwavering, Firm and Funny) by Duke Eating Disorders Program,
order info at www.dukehealth.org/treatments/psychiatry/eating-disorders

Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and
How You Can Too (2003), by Jenni Schaefer and Thom Rutledge

Books youth may find helpful:

Eating Disorders (2003), by Trudi Strain Trueit

No Body's Perfect (2002), by Kimberley Kirberger

Websites families may find helpful:

National Eating Disorders Association, provides information and referrals
www.nationaleatingdisorders.org

Parent guide to an evidence based, outpatient treatment for anorexia
www.maudsleyparents.org

Academy for Eating Disorders, professional organization
www.aedweb.org

Recovery support site
<http://something-fishy.org>

Seattle Children's, Eating Disorder Booklist and Resources
www.seattlechildrens.org/pdf/PE456.pdf



Seattle Children's[®]
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Partnership Access Line
Mental Health Consultation Outreach

This resource page is
now available in Spanish at
www.seattlechildrens.org/pal