

# Meal Support Training for Parents

## Who should attend?

Caregivers of a child or adolescent with a feeding or eating disorder or anxiety around eating.

## What can the training help with?

We can help you learn how to:

- Support your child or teen with recovery
- Help better manage tense mealtimes
- Improve your relationship with your child or teen

### To Learn More

- Psychiatry and Behavioral Medicine Unit 206-987-2055
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

## How long is the group and what does it cover?

The class is 2 hours. Topics covered are:

- How eating disorders impact growth and development
- Structuring mealtimes and normalizing eating habits
- Challenging irrational thoughts that occur with eating disorders
- Providing emotional support before, during and after meals

For these classes to be most effective, your child should be in treatment with a medical provider and mental health therapist.

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

## What time and where are classes?

Classes are held two days each week:

- Thursdays from 5 to 7 p.m. in the Psychiatry and Behavioral Medicine Clinic Seastar Waiting Area (level 5, Ocean zone)
- Sundays from 12:30 to 2:30 p.m. in room MA.5.250, inside the Psychiatry and Behavioral Medicine Unit, near the Family Reception area.

Our Entrance Coordinators can give you a map and directions to the room.

## How much does it cost?

There is no fee. This class is offered as a community benefit by the Psychiatry and Behavioral Medicine department.

## How do I register?

You can attend either class without registering.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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