
Eating Disorders

Booklists and Resources

This list includes resources, websites, books and support groups. You can check out many of these books at the Family Resource Center at Children's located in the Train zone, 5th floor.

Books and videos for adults

Life Without Ed: How One Woman Declared Independence from her Eating Disorder and How You Can, Too, Jenni Schaefer and Thom Rutledge, 2004.

Offers common scenarios and tips for maintaining recovery behaviors.

How To Get Your Kid To Eat... But Not Too Much, Ellyn Satter, 1987.

Discusses how to support your child as they develop and change eating habits. Includes a chapter on eating disorders.

Surviving an Eating Disorder: Strategies for Family and Friends, Michelle Siegel, 1997.

Includes information about how to take care of yourself and your child with an eating disorder.

The Parent's Guide to Childhood Eating Disorders: A Nutritional Approach to Solving Eating Disorders, Marcia Herrin and Nancy Matsumoto, 2002.

Covers early warning signs, when to worry about disordered eating, dealing with school, friends, sports, boys at risk and when to seek professional help.

Off the CUFF: A Parent Skills Book for the Management of Disordered Eating, Nancy Zucker, 2006.

This book provides excellent support and understanding to parents in their attempts to support and help their child through an eating disorder while modeling appropriate emotional regulation and problem solving skills. Order from Duke University Eating Disorders Program. Telephone: 919-668-7301.

Biting the Hand That Starves You: Inspiring Resistance to Anorexia/Bulimia, Richard Maisel, David Epston and Alisa Borden 2004.

This book is helpful in understanding the thought process often associated with individuals with eating disorders.

Effective Meal Support: A Guide for Family and Friends (video and manual), British Columbia Children's Hospital in collaboration with Seattle Children's Hospital, 2004.

This kit features interviews with families, friends and youth recovering from disordered eating and detailed guidelines for creating a more supportive home atmosphere to encourage better intake for the child with an eating disorder.

Orders can be completed on line at bookstore.cw.bc.ca or email Bookstore@cw.bc.ca, fax 604-875-3455, Toll Free: 1-800-331-1533 ext. 3.

Help Your Teenager Beat an Eating Disorder, James Lock and Daniel le Grange, 2004.

This book helps to empower parents and defines their role in their teen's recovery.

Skills-based Learning for Caring for a Loved One with an Eating Disorder, Janet Treasure, Grainne Smith and Anna Crane, 2007.

The aim of this book is to continuity and consistency of support for their loved one. The authors use evidenced-based research and personal experience as well as practical support skills.

Books for Youth

Eating Disorders, Trudi Strain Trueit, 2003.

Written for pre-teens and teens. Topics include body image, how eating disorders can start and getting help. Includes stories from teens.

Eating Disorders: Booklists and Resources

No Body's Perfect, Kimberley Kirberger, 2003.

This book includes stories, essays and poetry by teenagers and adult women who are dealing with body image issues.

Websites

National Eating Disorders Association

www.nationaleatingdisorders.org

Resource for parents, teachers and counselors. Provides information about the spectrum of eating disorders and referral information.

National Association of Anorexia Nervosa and Associated Disorders

www.anred.com

This site offers information on binge eating disorder and other less well-known disorders, such as: compulsive exercising, body dysmorphic disorder, orthorexia nervosa, night eating syndrome and eating disorders in athletes and males.

Academy for Eating Disorders

www.aedweb.org

The Academy for Eating Disorders is a professional organization that promotes excellence in research, treatment and prevention of eating disorders.

Something Fishy

www.somethingfishy.org

A website dedicated to raising awareness of eating disorders, offers online recovery support and a treatment finder.

Food and Nutrition Information Center

www.nal.usda.gov/fnic

The Food and Nutrition Information Center provides a list of resources for consumers, health professionals and teachers.

Parent Class and Group Therapy for Teens

Meal Support Training for Parents

This is a 5-week class for parents of adolescents with eating disorders. Teaches strategies for supporting adolescents and the strong feelings they experience around mealtimes. Class size limited to 4 families. Please call 206-987-2164 for enrollment information.

To Learn More

Seattle Children's Eating Disorder Services:

- General questions 206-987-3005
- Medical and Nutrition Management - Adolescent Medicine 206-987-2028
- Psychiatry and Behavioral Medicine 206-987-2164
- To enroll in Adolescent Medicine Eating Disorder Services, (including Adolescent Nutrition), please have your primary care doctor call (206) 987-2028, option 1, to make a referral. Or, your doctor can fill out a New Appointment Referral form (NARF) online at www.seattlechildrens.org

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.
- For Deaf and hard of hearing callers 206-987-2280 (TTY)

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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