



Eating Disorders Books and Resources

This list includes some of the most well-regarded resources that may provide you with a better understanding and tools to support your child. You can check out many of these books, and more resources on eating disorders at the Family Resource Center (level 7, River zone).

Websites

Academy for Eating Disorders

www.aedweb.org

A professional organization that promotes excellence in research, treatment and prevention of eating disorders.

F.E.A.S.T (Families Empowered and Supporting Treatment of Eating Disorders)

www.feast-ed.org

Provides information on eating disorders, evidence-based treatment, research, and online parent support forum.

Maudsley Parents

www.maudsleyparents.org

A site that includes information about family-based treatment.

National Eating Disorders Association

www.nationaleatingdisorders.org

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

National Association of Anorexia Nervosa and Associated Disorders

www.anad.org

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.

Books and videos

Brave Girl Eating

Harriet Brown, 2011

A memoir about a family's experience with anorexia.

Eating Disorders Meal Support: Helpful Approaches for Families

Provincial Specialized Eating Disorders Program, 2012

Videos that feature interviews with families, friends and youth recovering from disordered eating. Includes guidelines for creating a supportive home environment. View videos at www.youtube.com (type "meal support" in the search field).

Eating Disorder Treatment at Seattle Childrens: Prepare for Your Visit

An overview of treatment available at Seattle Children's Adolescent Medicine Clinic. View the video at www.seattlechildrens.org/programs/eating-disorders/prepare-for-your-visit/.

Eating with Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too

Laura Collins, 2014

A mother's account of her daughter's struggle and recovery from anorexia nervosa using the Maudsley treatment approach.

Help Your Teenager Beat an Eating Disorder, Second Edition

James Lock and Daniel le Grange, 2015

Empowers parents and defines their role in their teen's recovery.

Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can, Too

Jenni Schaefer and Thom Rutledge, 2004

Common scenarios and tips for maintaining recovery behaviors.

Eating Disorders: Books and Resources

My Kid is Back: Empowering Parents to Beat Anorexia Nervosa

June Alexander and Daniel le Grange, 2010

Describes how family-based treatment can help children and families recover from anorexia.

Skills-based Learning for Caring for a Loved One with an Eating Disorder

Janet Treasure, Grainne Smith and Anna Crane, 2007

Information about the Maudsley approach to treatment for 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.

Your Child's Weight, Helping without Harming

Ellyn Satter, 2005

Discusses how to support your child as they develop and change eating habits. Spanish version available at the Family Resource Center.

To Learn More

- Adolescent Medicine
206-987-2028
- Psychiatry and Behavioral Medicine
206-987-2164
- Family Resource Center
206-987-2201
- Ask your child's healthcare provider
- 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.

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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