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

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.

To Learn More
• Psychiatry and Behavioral Medicine Unit 206-987-2055
• 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.

What time and where are classes?
Classes are held 2 days each week:
• Thursdays from 1 to 3 p.m. in the Psychiatry and Behavioral Medicine 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. Please let us know if your family needs an interpreter and we will set up an individual class for you.