# **Eating Disorders**





### What are Eating Disorders?

Many children, teens, and adults struggle with body image. Some children and teenagers may diet too much, exercise too much, or do other things to lose weight in unhealthy ways. This may be an eating disorder.

People can have eating disorders at any body shape or size.



#### **How to Support Your Child**



Talk to your doctor if you have concerns about your child's nutrition, weight, or eating. Treatments can vary and often involve the family.



Family meals can be helpful. But do not talk about if foods are "healthy or unhealthy," or how much people are eating.



Do not talk about weight or being too big or too small. Instead, focus on eating a variety of foods regularly.



Eating disorders can be stressful. **Stay calm. Recognize the effort** your child puts in to eat.



Help your child **relax** if they are stressed during meals.



Remove the scale from your house if your child is weighing themselves often.



Be consistent that **regular meals** are necessary.



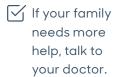
Talk about **other positive things**, like school or friends.



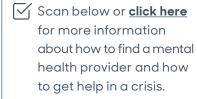
**Monitor** how much exercise your child is doing.



## Need Help?









# **Pediatric Health Network**

