

# 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?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan below or [click here](#) for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

 **Children's National.**