

Eating Disorders – Family or Caregiver Resources

Prevention

- **Your Child’s Weight: Helping without Harming**, Satter (2005).
- **Secrets of Feeding a Healthy Family**, Satter (2008).
- **I’m Like, So Fat: Helping your teen make healthy choices about eating and exercise in a weight-obsessed world**, D. Neumark-Sztainer (2005).
- **Eat What you Love, Love What you Eat**, 2nd edition, Michele May (2011). *Only the 2nd edition is weight neutral. There also versions for diabetes and teens.
- **Drop the Diet: guided recipes for overcoming your food rules**, Lieberman, Sangster (2014). *Recipes and discussion of non-dieting approach to health
- **Jessie’s Legacy: ED Prevention and Awareness** [Website](#), Resources, Podcast

Workbooks

- **Skills-based learning for caring for a loved one with an eating disorder: The new Maudsley Method**, Treasure, Smith, Crane (2016).
- **Help your teenager beat an eating disorder, 2nd edition**, Lock, LeGrange (2015).
- **When your teen has an eating disorder: Practical Strategies to help your teen recovery from anorexia, bulimia, and binge eating**, Muhlheim, Lyster-Mensh (2018).
- **How to Nourish your child through an eating disorder: A simple, plate-by-plate approach to rebuilding a healthy relationship with food**, Crosbie, Sterling, Lock, Golden (2018).

Videos and Webinars

- **Jessie’s Legacy** [Eating Disorders in Youth 60min Webinar](#) (2021) put on by Jessie’s Legacy for parents, caregivers and more. More at Kelty Mental Health Resource Centre www.keltymentalhealth.ca.
- **Looking Glass Foundation** Something’s Gotta Give Campaign Videos. Includes a 15-Video psychoeducational series [accessed here](#), including a session on [busting common myths](#).
- **Emotion Focused Family Therapy (EFFT) modules** for caregivers including 4 educational video sessions and handouts at <https://www.mentalhealthfoundations.ca/parent-coaching>

Online Caregiver Support Groups

- **Change Creates Change** – Free drop-in eating disorders caregiver support group at <https://changecreateschange.com/>
- **F.E.A.S.T.** Around the dinner table forum offers an online community for caregivers around the world, available and moderated 24/7 at <https://www.feast-ed.org/around-the-dinner-table-forum/>
- **Danielle’s Place** virtual monthly support group for parents/carers of someone with an eating disorder, register and see more here <http://www.daniellesplace.org/groups/>

Websites

Eating Disorder Information, Resources

- **FEAST: Support and Resources for Families Affected by Eating Disorders** <https://www.feast-ed.org/>
- **Kelty Mental Health:** ED Resources for families, caregivers <https://keltyeatingdisorders.ca/recovery/meal-support/>
- **National Eating Disorder Information Centre (NEDIC):** General info, find a provider, helpline etc. <https://nedic.ca/>
- **National Eating Disorders (NEDA):** American ED Website with general info, resources <https://www.nationaleatingdisorders.org/>
- **National Initiative for Eating Disorders (NIED)** list of Canadian ED Support groups <https://nied.ca/pan-canadian-support-groups/>
- **Ontario ED Stepped Care** options and referrals <https://www.bodybrave.ca/stepped-care>
- **St Joseph's Health Care** - For those awaiting ED treatment: [St. Joe's Rapid Eating Disorder Intervention \(REDI\) Program - YouTube](#)

Body Image, Weight Neutral and/or HAES focus

- **Association for Size Diversity and Health** <https://asdah.org/>
- The **Body Positive:** includes e-book, resources, ted talks <https://thebodypositive.org/>
- **Feed your Instinct:** Interactive prevention resources for families <https://feedyourinstinct.com.au/>
- **More Love:** HAES articles, ED, and family resources, <https://more-love.org/>
- **National Association to Advance Fat Acceptance** <https://naafa.org/>

Podcasts

- **New Plates by Laura Collins**, [access here](#), is a podcast recorded from 2018-2019, to support parents in collaborating with their child's eating disorder treatment. Laura Collins Lyster-Mensch is a long-time parent advocate and author of *Eating with your anorexia: How my child recovered through family-based treatment*.
- **Recovery Warriors** podcast, [access here](#), is a podcast for increasing the resilience of those experiencing depression, anxiety, and eating disorders. Interviews include everything from body trust and intuitive eating to pregnancy and sports.
- **Eating Disorder Recovery Speakers**, [access here](#), is a podcast that presents a recovery story one week and then the next week an interview with the person who told their story the previous week. Kristen Brunello is a recovery coach who is also in recovery from an eating disorder.
- **ED Matters**, [access here](#), is a podcast that provides information for people recovering from an eating disorder, their loved ones, and clinicians. Kathy Cortes interviews various experts in the treatment of eating disorders. You can listen to our very own Lauren Muhlheim, PsyD, on [this episode!](#)
- **The Eating Disorder Recovery Podcast** with Janean Anderson, [access here](#), is a podcast that presents information on recovery, cultural context, and interviews with experts in the eating disorder field. Janean Anderson is a psychologist who is recovered from anorexia.