

# CARING FOR THE CAREGIVER

taking care of you

When we are caring for a loved one who is suffering from an eating disorder it is all encompassing. There are appointments to schedule and attend with physicians, therapists and dietitians. There are meals to worry about preparing, plating, and supervising. There are other children we cannot forget about. We must manage extended family and friends in how to act and what to say when visiting. Where is there time for us to take care of ourselves? However, if we make time for us, we can help our loved ones more effectively. Like the saying goes, you can't pour from an empty cup!

## RESOURCES TO FILL YOUR CUP AS CAREGIVER



### articles

[10 Self Care Tips for Caregivers](#)

[Self Care Tips for Eating Disorder Caregivers To Use Now](#)

[Looking After Yourself](#)

[Self Care for Families and Carers](#)

01

02

### videos

[Parent Self Care Video](#)

[The Heroes Journey](#)



# MEAL SUPPORT

to assist your loved one

When our loved ones are dealing with an eating disorder, meal preparation can become the most stressful event of the day. Trying to decide on a menu and then hoping that they will eat. Worrying if there will be a fight at the table to endure. Will someone cry? Sometimes it is our loved one, sometimes it is us and sometimes it is both. It benefits everyone when caregivers learn tools to assist with food intake and to redirect behaviors that interfere with eating.



## RESOURCES TO HELP AT MEALTIMES

01

### articles

[Tips for Helping Your Child to Eat](#)

[10 Tips for Mealtime Support](#)

[Meal Support Strategies](#)

[F.E.A.S.T. Meal Support Heal](#)



02

### videos

[Meal Support for Families](#)

[Scenes From the Dinner Table](#)

[When Your Child Refuses to Eat](#)



### guide

03

[Parents Survive to Thrive Guide](#)

# TRAVEL SUPPORT

change of the routine

Taking a vacation is a normal summer activity for a family. But what about one where a member has an eating disorder? Traveling can be stressful for our loved ones. New foods, eating in front of strangers or family, and even vacation clothing can cause anxiety. However, having the knowledge and confidence to decide when it is best to take that trip will help to make this a success rather than a failure.

## RESOURCES TO HELP WHEN TRAVELING

01

### articles

[Traveling with Your Anorexic](#)

[How to Vacation When your Child has an Eating Disorder](#)

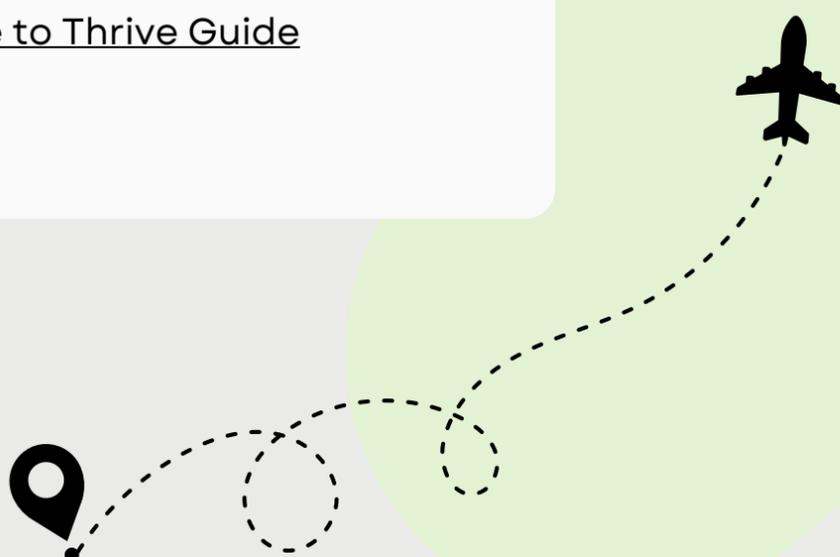
[10 Travel Tips for Eating Disorder Recovery](#)

[Vacationing and Traveling Abroad During Recovery](#)

02

### guide

[Parents Survive to Thrive Guide](#)



# SCHOOL SUPPORT

return to learning

Kids go back to school every fall. It is a ritual many parents look forward to and count down the days until the return. For those of us caring for a child with an eating disorder it is a monumental decision as to whether they are far enough long in recovery to handle the stress of school again. Academics, sports, and social interactions can all be anxiety provoking but for someone with an eating disorder these can be triggering and cause a set back on their path to full recovery. However, with the right tools and support both our loved ones and we as caregivers can have a successful school year!

## RESOURCES TO HELP THE TRANSITION

### back to high school

[What to Include on a 504 Plan](#)

[504 Plan Request Template](#)

### videos

[Navigating Back to School while in Eating Disorder Recovery](#)



### back to college

[Tips for Sending a Loved one to College](#)

[Handling Anorexia While Attending College](#)

# BODY IMAGE

helping your loved one

Body image is defined as the perception we have of ourselves when we look in the mirror or when we picture our bodies in our minds. Body image can be experienced as positive, negative or neutral. Social media, family dynamics, stress, trauma, and other factors contribute to the development of negative body image. An important part of recovery for our loved ones is going to be learning how to develop a body neutral or body positive response. We cannot shield them from all the influences outside our home but we can work on cultivating a neutral or positive body environment within our household to help them cope with the thin ideal of the world.

## RESOURCES TO UNDERSTAND AND INCREASE BODY NEUTRALITY OR POSITIVITY

### articles

[Body Image Overview](#)

[Maintaining Body Image During Recovery](#)

[Cultivating Positive Body Image](#)

01

### videos

[Poodle Science](#)

02

03

### websites

[The Full Bloom Project](#)

[The Body Positive](#)