

My parent has an eating disorder?Tips for kids.



- Try not to worry about food and mealtimes. You are not responsible for your parent's eating, only your own! Mealtimes should not become a 'battleground'.
- If your mum or dad is behaving in a way that is difficult for you, it is okay to let them quietly know that their behaviour is difficult for you. Work out with your family what you do in those situations.



- Do things as you usually would with your mum or dad. Separate the **person** from the **behaviour**. Your parent is still your parent!
- Enjoy doing things together and having fun when you can.
- Spend time with other members of your family or with your friends. 'Time out' from any situation that is hard at times is a really good thing, and you should not feel bad about doing it!



- You can't fix the situation so don't try! Just be yourself, be understanding but don't try to solve the problem.
- If your parent's behaviour is worrying, talk to an adult you trust and always remember it is not your fault, nor is it theirs.

