

8 Ways to support your child with Eating Disorders

- Show unconditional love
- Avoid commenting on their body/physical appearance
- Respect their accomplishments and goals
- Set a good example by eating a balanced diet
- Avoid making jokes based on people's body shapes
- Avoid restricting/moralising food
- Join eating disorder support group
- Be patient



Understanding Eating Disorder Support Groups

**Thirumalaisamy P.
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