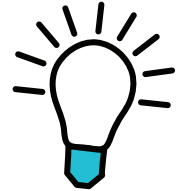


# Conversation Starters for Children Who May Have an Eating Disorder



- Make a plan. Know what you're going to say before starting the conversation.
- Avoid having these conversations during or directly after mealtimes, when stress can be high.
- Ask open-ended questions and provide empathy and support!



<p><b>1. Open with an observation:</b></p>	<ul style="list-style-type: none"> <li>• I've noticed you haven't been eating some of your favorite foods recently.</li> <li>• It seems like you've been spending more time focusing on your appearance.</li> <li>• I've noticed you've been exercising every day for over two hours.</li> </ul>
<p><b>2. Provide space for your child to share with you:</b></p>	<ul style="list-style-type: none"> <li>• Tell me a little more about that.</li> <li>• I'd like to spend some time talking with you about that.</li> <li>• I'm here for you if you want to talk more about that.</li> </ul>
<p><b>3. Validate their thoughts and feelings:</b></p>	<ul style="list-style-type: none"> <li>• Thank you for sharing that with me.</li> <li>• It sounds like this has been really hard for you.</li> <li>• I can tell this is something you're struggling with.</li> </ul>
<p><b>4. Correct any myths or misconceptions:</b></p>	<ul style="list-style-type: none"> <li>• It's important we fuel our bodies with a variety of foods.</li> <li>• Your body is growing, and we need lots of nutrients for our bodies to thrive.</li> <li>• Rest days are just as important for our bodies as exercise</li> </ul>
<p><b>5. Offer ongoing support:</b></p>	<ul style="list-style-type: none"> <li>• How can I support you?</li> <li>• What would help you when you're feeling overwhelmed?</li> <li>• Let's talk to a doctor or therapist about this.</li> </ul>

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