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Guidelines for Family and Friends of Someone with an Eating Disorder-Do's and Don'ts

Do:

- Learn as much about eating disorders as possible, including treatment options.
- Talk directly to the person with the eating disorder about your concerns.
- Anticipate that your friend or loved one may initially become angry or defensive.
- Realize that you are in an exceedingly difficult situation and develop a support network.
- Try to maintain as normal and healthy a lifestyle as possible.
- Be a good role model around food and when discussing food or weight related issues.
- Be patient.

Don't:

- Try to solve the problem for them-they need professional help.
- Avoid monitoring your child/friend's eating and weight, unless told otherwise by the therapist.
- Do not discuss the issue with others without permission.
- Avoid offering simple solutions.
- Try to force someone to seek help, change their behavior or adjust their attitude.