

# Supporting Your Child: Understanding Eating Disorder Concerns

A Parent & Caregiver Resource from Blue Ridge Eating Disorder Care Center

## You're Not Alone

If you have concerns about your child's eating behaviors, body image, or overall wellbeing, you are not alone. Eating disorders can affect adolescents of all backgrounds, and early support can make a meaningful difference. This resource is intended to offer guidance, reassurance, and next steps for families.

## Signs You May Notice at Home

- Changes in eating habits or food avoidance
- Increased focus on weight, shape, or appearance
- Avoidance of family meals or social eating
- Physical complaints such as fatigue, dizziness, or stomach issues
- Mood changes, withdrawal, irritability, or increased anxiety

## How You Can Support Your Child

- Approach conversations with care, curiosity, and compassion
- Focus on wellbeing rather than weight or appearance
- Listen openly and validate your child's feelings
- Avoid power struggles around food when possible
- Seek guidance from trusted professionals when concerns persist

## When Additional Support May Be Helpful

If concerns continue or begin to interfere with your child's physical, emotional, or social wellbeing, additional evaluation or treatment may be recommended. Early intervention can support recovery and long-term health.

### Support for Families

Blue Ridge Eating Disorder Care Center partners with families and schools to provide compassionate, evidence-based care for adolescents when a higher level of support is needed. Our team focuses on collaboration, education, and family-centered treatment.



### We're Here to Help

If you have questions or would like to learn more about available resources or treatment options, we welcome you to reach out for guidance.

