

Resources for Youth/Families/Articles:

For parents/caregivers

https://keltyeatingdisorders.ca/wp-content/uploads/2016/09/BCMHO26_EatingDisorder_FullGuide_v6-Web.pdf

<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/ParentToolkit.pdf>

A Guide To Discussing Your Concerns With Your Child's Primary Care Provider:

<https://nedic.ca/download-file/1646841721.450871-242/>

Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders:

<https://nedic.ca/download-file/1559316089.200625-72/>

Coping Strategies for Families and Partners of Folks Experiencing and Eating Disorder:

https://nedic.ca/media/uploaded/Coping_Strategies_for_Families_and_Partners_v2.pdf

Various Resources and Information for families/supports:

[FEAST: Support and resources for families affected by eating disorders \(feast-ed.org\)](http://feast-ed.org)

Supporting a Child's self-regulation and Eating Autonomy in our Diet Culture:

<https://nedic.ca/download-file/1612888154.484544-185/>

Understanding Eating Disorders in Adolescence:

<http://canped.ca/>

The Process of Change: Adolescence and Disordered Eating:

<https://nedic.ca/download-file/1620832634.325446-199/>

Website of Support for those caring for a youth with an eating disorder:

canped.ca

Helping Tools for families/caregivers for each Stage of Change:

<https://nedic.ca/download-file/1626796283.614133-208/>

Families/Caregivers and Childhood Binge Eating:

[https://nedic.ca/media/uploaded/NEDIC Bulletin Vol. 38 No. 1 - Feb 2023 - Families-Caregivers Childhood Binge Eating.pdf](https://nedic.ca/media/uploaded/NEDIC_Bulletin_Vol.38_No.1_Feb_2023_-_Families-Caregivers_Childhood_Binge_Eating.pdf)

Guide for Family:

[https://nedic.ca/media/uploaded/31803 NEDIC Guide for Family Pamphlet - 2022 - Online.pdf](https://nedic.ca/media/uploaded/31803_NEDIC_Guide_for_Family_Pamphlet_-_2022_-_Online.pdf)

Impacts on Siblings:

<https://nedic.ca/download-file/1540817057.371083-51/>

For Partners: Insight into how to support through each stage of change

[https://nedic.ca/media/uploaded/Me My Partner and That ED.pdf](https://nedic.ca/media/uploaded/Me_My_Partner_and_That_ED.pdf)

Guide for Friends:

[https://nedic.ca/media/uploaded/31808 NEDIC Guide for Friends Pamphlet - 2022 - Online.pdf](https://nedic.ca/media/uploaded/31808_NEDIC_Guide_for_Friends_Pamphlet_-_2022_-_Online.pdf)

Teen Talk:

[Learn About \(teentalk.ca\)](https://teentalk.ca)

NEDIC website:

[NEDIC | home](#)