



## How Can I Help My Mum?



Information for young people worried about a Mum who has an eating disorder. It can also be used to answer questions for people worried about their Dad, brother or sister.

S.E.E.D. Eating Disorders Support Services

Help Line No (01482) 718130

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This leaflet was originally prepared by Marg Oaten in 2005 ©  
and updated 2007

Edited by the b-eat youth team 2007



Food is a very important  
Part of our life!

We are all different in what we like and don't like.



Some people like beans - some don't like sprouts!



But whatever we eat we need food to be healthy and to grow  
into adults



Sometimes people find it hard to eat normally, perhaps they  
don't feel well or their tummy is upset.



Some people eat a lot of food - some only eat a small amount.

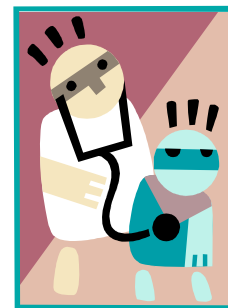
But sometimes people find it hard to eat when they are worried or finding everyday life a little bit of a struggle.



When this happens over a long period of time, and someone still can't manage to eat, it is known as an eating disorder.

There are lots of different types of eating disorders but the most common are anorexia (*say an-o-r-ex-e-a*) and bulimia (*say bull-eem-e-a*)

It sometimes takes a long time to get better. What is important is that the doctor looks after someone who has this type of illness and helps them to get well again



There are also people who can help by talking to your mum.

Sometimes there are groups where people meet to talk about their problems and help each other.



As long as someone is getting some help they will do well and start to get better slowly.

Remember it may take a long time!

### Why Does Mum Have an Eating Disorder?



Sometimes there is one reason.  
Sometimes there are many reasons.

Sometimes we may never know why  
someone may have an eating disorder!

Don't worry about why Mum has a problem

It is not your fault!

Let the Doctor or the person who talks to mum, help to find the reasons, so mum can get better!

## What Can I Do To Help Mum?

Mum may like it better to eat on her own and she will probably not want to talk about what she has eaten.



Ask mum if she would like to come and sit and talk while you are having your meal.

Try to talk about your day, what you have done at school.



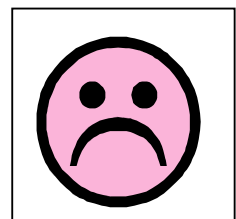
What you would like to do at the weekend.

Maybe you could plan a trip to the park or the town.

**MOST OF ALL DON'T WORRY!**

Mum is getting help and one day she will find it a lot easier to talk about things with you.

If Mum gets angry when you ask about why she is not eating, she is not angry at you it is the illness that is upsetting her.



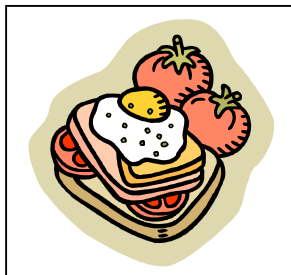
Remember the doctor will help mum to get better but it might take a long time!



Just enjoy being mum's son or daughter that will make mum very happy!

It can be very hard for a young person to understand, so you must not worry that you don't understand this complicated illness.

Mum does not want you to be unhappy she will find it very hard if you are.



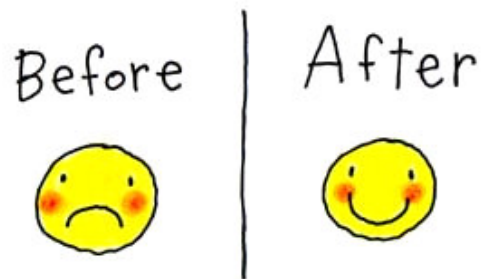
One day mum will be able to enjoy eating food again.

Try and enjoy all the normal things you do together.

Having an eating disorder doesn't always mean that mum has to go into hospital.

As long as she is seeing the doctor and getting all the help she can, she will start to feel much better and a lot stronger!

Mum will have good days and bad days



Try not to worry - this is a very normal thing to happen.

It is perfectly 'normal' for people to be all different shapes and sizes.



**BE PROUD**

**AND**

**FEEL GOOD**

**ABOUT**

**WHO YOU ARE!**

Marg Oaten (2007)

Support and Empathy for people with Eating Disorders

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