

The Parent Support Network (PSN) newsletter is committed to providing parents and guardians with valuable resources and tools to promote healthy choices, substance use prevention, mental health awareness, and strategies for effective communication with your teen.

This month, we aim to help families succeed with actionable advice and support on body image and eating disorders, highlighting our upcoming webinar.

NTPA Parent University Webinar!

Our panel discussion will feature experts in the field of medicine, mental health, and adolescent development, specializing in eating disorders.

Panelists:

Dr. Sejal Danawala, Adolescent Medicine, Pediatrics and Internal Medicine at Advocate Lutheran General

Kristen Anderson and Sara Desai, Co-founder and therapist for the Chicago Center for Evidenced Base Treatment

Kris Hummel, NT's Student Assistance Program Coordinator and Social Worker

Register
Here

November 8, 2023

6:30-7:15 PM

Zoom

Signs of Disordered Eating

- Dieting behaviors—fasting, counting calories, avoiding food groups
- Energy intake is less than output.
- Pressure to achieve academically and in their extracurriculars (e.g., dancer, wrestler)
- Extreme body dissatisfaction
- Low self-esteem—negative opinions of self; feelings of shame/guilt

[Click here for more information about signs of disordered eating/eating disorders.](#)

NT's Nutrition

Youth Risk Behavior Survey Results

Ate less food, fewer calories, or food low in fat to lose or keep from gaining weight.

42% of our students

Exercise to lose weight or to keep from gaining weight.

54% of NT students

Skipped a meal

In the past 30 days, 27% of all students have skipped a meal.

Self-described weight

56% of NT students describe their weight as "about right" vs. "underweight" or "overweight".

Ways to start a conversation about this topic with your child

- "I notice you have low energy lately and you seem down. Is there something bothering you?"
- "I've noticed that social media often contains many images that can impact how we perceive our bodies and unrealistic standards. What have you noticed?"
- Validate and normalize feelings and thoughts around their body. "It is normal to have negative body thoughts about your body. How do these thoughts make you feel, and are there any strategies or ways you've found helpful in managing them?"

[Click here for more information on how to have conversations about body image and eating with your teen.](#)

PARENT SUPPORT NETWORK



Resources



Webinar Preview

- Insights on identifying signs of disordered thinking about eating and eating patterns.
- Guidance on how to communicate health-promoting behaviors with your teen.
- Strategies for equipping your young person with the tools to maintain a healthy relationship with their bodies and food.
- Resources

I have talked to my child and I am concerned about them. Now what?

- Contact your child's primary care physician.
 - They can assess your child and provide further resources if needed.
- Follow [this link](#) to speak to a New Trier social worker for consultation and to request additional resources.
- More information on how to intervene can be found [here](#)

Digital Resource Library



Books

- *Skills-based Learning for Caring for a Loved One with an Eating Disorder.* Janet Treasure and Grainne Smith
- *Help Your Teenager Beat an Eating Disorder.* James Lock and Daniel Le Grange

Articles

- [Body Neutrality - NEDA](#)
- [Eating Disorders like Anorexia and Bulimia Are More Severe Than Ever](#) - Caroline Hopkins April 29th, 2023
- [Parents Survive to Thrive Guide](#), BC Children's Hospital and Contributions by Parents.

Podcasts, Webinars and Websites

- [How Parents Can Play an Active Role in Recovery](#), and Kelty Mental Health Resource Centre.
- [Parent Support and Resources for Parents](#)
- [National Eating Disorder Association\(NEDA\)](#)

Terminology

Body Neutrality- "Not supporting the hatred of our vessel (our physical structure) or the love and adoration of our vessel."*

Eating Disorder- A persistent disturbance of eating behavior and impairment of physical or mental health.**

Disordered Eating- Exhibiting signs of an eating disorder but not being diagnosed with one.

*National Eating Disorder Association
**Oxford dictionary