

## Words of Wisdom From Other FBT Parents:

- "You don't need to be a registered dietitian to do this; it isn't about getting your child to eat like she was in a hospital. It is about getting your child back to eating enough of the foods she ate before she was ill. If your child hated peanut butter there is no reason to serve it to her. However, if she loved it, but won't eat it now because it's too fattening, that is a sure sign that for her to recover, you must help her to be able to eat it again."
- "This is the hardest thing I have ever done. I had to constantly remind myself, 'it is not her fault.' Think of it like cancer. Food is her medicine. Every snack, every meal, getting better one bite at a time. It was so hard to see my daughter six times a day having to do something that she was so scared of. Each meal for her was like facing her greatest fear. And yet she did it. Today she is a happy college freshman."
- "What I mainly remember is being so sick of thinking about food! The good news is that refeeding doesn't last forever, it just seems like it does."
- "There is nothing magical about the Maudsley [FBT] approach - it's your family that makes it work!"

## Tips from an FBT Therapist:

- Have all the food you expect your child to eat in front of them at the beginning of the meal (dessert and beverage included).
- Sit at the table until your child has completed all the food you served them (even if it takes hours).
- Give your child choices that aren't related to food (e.g. 'Would you like to chat while we eat or listen to music or sit in silence?' or 'After dinner would you like to watch a movie or use your phone?')
- Ask a friend or family member to set up a meal train for your family.
- Talk with your FBT therapist about how to best handle going to restaurants, friend's houses, and school. Your therapist can provide a note for your school if they are not accommodating.
- Make sure you are also getting the support you need! FBT is exhausting work.