

LET'S BE REAL

Provincial Eating Disorders Awareness Week (PEDAW)
February 6th-12th, 2011

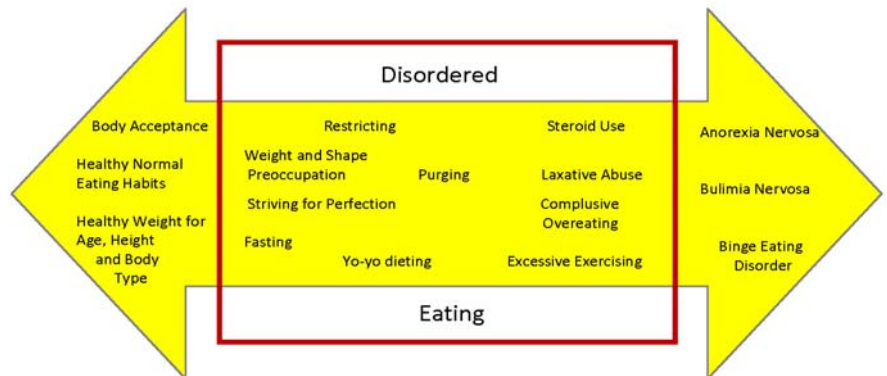


What is Disordered Eating? Disordered eating consists of a range of thoughts & feelings about food & body that lie between health/normal eating with body acceptance at one end & eating disorders at the other.

While some of these ways of acting are symptoms of an eating disorder they do not occur as often or to such an extreme that a doctor would consider them to be anorexia, bulimia or binge eating disorder.

Disordered eating symptoms may occur once in a while or at certain key moments in a child's life (stressful event, illness, preparing for an athletic event). However, when disordered eating starts to interfere with everyday life or used to cope with strong feelings, it may lead to an eating disorder.

Who does it affect? Almost all women & girls over the age of 11 have indulged in disordered eating, most likely dieting. Research tells us that 81% of 10 year olds are afraid of being fat and 98% of females are unhappy with their bodies. About 1/10 of the population are thought to be living with an eating disorder & 1/10 of that number are male.




Be Real Walk
May 7, 2011
Registration
\$10.00 at
Ambleside Youth
Centre
[www.events.runningroom.com/
site/?raceId=6349](http://www.events.runningroom.com/site/?raceId=6349)

What can I do?

- Find a parenting style based on kindness, fairness & consistency that also sets firm boundaries & realistic consequences.
- Model the way you expect your child to act (eat a variety of foods, exercise for health & not to burn calories).
- Maintain a family atmosphere where open and honest communication is valued.
- Value your child's inner beauty & refrain from making comments about looks & weight.
- Model a balanced approach to eating and food.
- Teach your child how to think critically. Give room to disagree & challenge conventional wisdom in order to resist the lure of media messages & peer pressure. Model "how" to think not "what" to think.
- Let children know they are unique, valued & lovable just the way they are & not for how they look, their grades or athletic ability.

If your child is showing signs of disordered eating, it is important to get help before it becomes an eating disorder. Contact the Be Real Clinic at [604-983-6847](tel:604-983-6847)

Multi Media Contest — Please email art, videos or literature aimed at preventing disordered eating to mHUDSON@familyservices.bc.ca to win prizes. Contest starts February 16, 2011 www.familyservices.bc.ca