

"I highly recommend this book to any parent whose child has an eating disorder. The book provides concrete tools—based in science—in a friendly, compassionate, and easy-to-understand way."

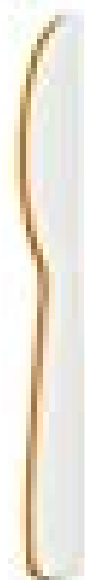
—JENNI SCHAEFER, bestselling author of *Life Without Fat*,
Goodbye Fat, Hello Me, and *Almost Anorexia*

How to Nourish Your Child Through an Eating Disorder

Recovery
starts
at home



A Simple, Plate-
by-Plate Approach
to Rebuilding a
Healthy Relationship
with Food



Casey Cresbie, RD, CSSD • Wendy Sterling, MS, RD, CSSD

FOREWORDS BY JAMES LOCK, MD, PhD, AND REVILLE H. GOLDEN, MD

Casey Crosbie RD CSSD and

How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food



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Help your child consume normally again Parents will be the first to know when their child starts behaving differently.the leading psychological therapy for EDs. Has your daughter significantly increased her exercise regimen, or become enthusiastic about wellness foods? Plus, the authors cover how to talk about diet and weight, how to proceed while traveling, what things to expect from your kid' In this essential guide, registered dietitians Casey Crosbie and Wendy Sterling bring in an all-new technique you can use to help your child at home.s doctor, plus much more. Offers your boy stopped eating his preferred food, or does he refuse to eat out with close friends?exchange” Unlike challenging “ systems, this is simple: Crosbie and Sterling trainer you through every part of meeting your child’s nutritional requirements, using just one device—a ten-inches plate. Paired with therapy, this intuitive, visual technique is the easiest method to support your child in relation to recovery. These are among the telltale signs that your child, like millions of others, may have an consuming disorder (ED). The Plate-by-Plate approach is definitely rooted in family-structured treatment (FBT)—



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Super helpful! Practical & I have already been glued to this book since it arrived, and have taking notes since. We have found the background information so helpful and comprehensive (medical, emotional and nutritional) in assisting us to understand that which was going on with our child - we actually had no idea about any of this stuff beforehand. The nutrition approach the authors use ("the plate-by-plate approach") makes things as easy as possible given the circumstances. They actually offer color photos which we found enormously helpful. The Plate-by- Plate approach is the first program we've come across that is actually close to how people eat (regardless of the large quantity, but that's unavoidable with ED treatment).! technology/results based approach This is such a fantastic resource with practical information to help one sort out the difficult process of nourishing a kid fighting an eating disorder. The plate by plate approach simplifies the process so it's manageable. Joani Excellent book This is a thorough and well crafted resource and we are so thrilled to attended across it whenever we did. Just a fantastic read. Help is on the way for treating eating disorders! This book had a significant effect on me. Its user-friendly format and wealth of information has allowed me to better know how eating disorders can affect the entire family. I learned to identify certain symptoms, which can hopefully lead to obtaining help early before devastating problems occur. Regardless of where you are on the trip this book is really worth the time to read!! Impactful! This is a must read for anybody with a child fighting an eating disorder! Comprehensive trust and confidence! Having worked with Wendy for pretty much a season now, she is totally outstanding and I unquestionably trust her information for me personally as a parent and trust her with my child's ability to nourish, achieve a healthy relationship with food and total ED recovery. It is easy to follow, and makes sense. We would recommend this reserve to whoever has a child struggling with an ED.. I'm looking forward to learn from Casey as well. Great work! Masterful! Just a fantastic read. Arms a mother or father with the proper tools . I'm extremely excited to observe this, and also the teen book, released and understand many people can now benefit from the expertise.. Thanks for this resource! Arms a parent with the right tools to help a kid through a hard / confusing time. Thank you for sharing! We feel empowered with the tools to fight back. Talented and knowledgeable professionals who are amazing authors! We were in need of a change of course and learned items we didn't know.! Nice work!



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