Worksheet 10.3: The key steps to restoring regular eating patterns

Carers often struggle to develop a clearer understanding of the distinct phases of restoring regular eating, whichever type of eating disorder their loved one is struggling with.

See *SBC*, Chapter 12 'Managing undereating' and *SBC*, Chapter 13 'How to help with bingeing and purging'.

A key message is that arguing with Edi about food, weight and shape issues is never likely to work as it can help the Edi voice to argue back more and more loudly and convincingly. The key is for carers to balance a firm approach around mealtimes, with compassionate collaborative care, focusing on the bigger picture of life and the belief that Edi will ultimately be in a position to take full responsibility for her own nutritional health.

The key steps to restoring regular eating patterns:

a) Look at *SBC*, p. 164 to pick out three key steps.

b) What challenges there might be at each stage and for each type of eating disorder?

Restoring regular eating has several distinct phases and each comes with its own challenges. For example, a teenager returning to school from an in-patient setting will have to suddenly cope with all three stages, sticking to an onerous meal plan, possibly with unfamiliar foods and in a social setting. A young adult returning to further education or a working environment may face similar challenges