

Disordered Eating



Disordered eating has been identified as an increasing concern for all ages.

If you are worried about a child or young person's eating, body image or changes in their weight, there are things you can do to help.

If you are noticing any changes from a child/young person's presentation, **be curious with the family** to find out more. Remember to discuss confidentiality agreement and boundaries with the pupil before having conversations with them.

Look

- Are there changes in eating and exercise habits?
- Are there fluctuations in weight and mood?
- Are the signs of fatigue, dizzy spells and low concentration?
- Are there rituals and routines around meal times?

Listen

- Distorted views about body image
- Preoccupation with diet and exercise
- Seeking to control aspects of their life
- Indicators of stress or hopelessness

Say

- "I've noticed... and I'm wondering what's happening?"
- "Let's think about this together."
- "Help is available for you."

Do

- Offer emotional support and let them know you care with regular check-ins
- Think with the child/young person about distraction and calming techniques e.g. music, breathing exercises, writing their thoughts down
- Make reasonable adjustments
- Let's Talk Disordered Eating Guidance https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/lets_talk_semh_resource_suite.aspx
- Follow your policies and procedures for Safeguarding

Signpost

- BEAT www.beateatingdisorders.org.uk
- Essex Wellbeing Service 0300 303 9988
- Educational Psychology in CAMHS helpline: EWMHSSchoolsAdvice@essex.gov.uk
- SET CAMHS: Freephone 0800 953 0222 or email SET-CAMHS.referrals@nelft.nhs.uk

Essex promotes the values of Trauma Perceptive Practice (TPP) in all that we do:

Compassion & Kindness

Hope

Connection & Belonging

Other topics available in this series of posters:

Self-injury, Loneliness & Isolation and Social, Emotional and Mental Health Pillars.

If you found this poster useful and would like to propose more themes to add to the range, please get in touch: semhstrategy@essex.gov.uk