

Maudsley Parents Newsletter



maudsleyparents.org
a site for parents of eating disordered children

SPRING 2008

What's new at Maudsley Parents?

The first issue of our quarterly newsletter! If you know other parents who are interested, please feel free to forward this newsletter and invite them to join our mailing list. Anything you'd like to share? Write us at contact@maudsleyparents.org

New on the Website

Parent-to-Parent Tips and Recipes



You've been told to go home and feed your child. Now what? The early stages of anorexia recovery pose a real challenge to parents as they help

their children back to health. How do parents manage his difficult task? Each family is different and will work out their own solutions, but we've added some [practical tips and recipes](#) to the site. Many thanks to the parents who contributed. We'll be adding to the section with some basic "first steps" and tips/recipes for lunch. Do you have tips or recipes you'd like to share? We'd love to hear from you. Write us at contact@maudsleyparents.org

"It was so hard seeing my daughter six times a day having to do something she was so scared of. Each meal for her was like facing her greatest fear."

Visit to Chicago



Maudsley Parents co-chairs Jane Cawley and Harriet Brown on a recent visit to the University of Chicago's Eating Disorders Program. They had a chance to meet with Dr. Daniel le Grange and his team to learn about their ongoing research and upcoming initiatives. Most exciting are plans to establish a training and accreditation institute for those who want to become Maudsley therapists. This will mean better and more uniform FBT care around the world. Stay tuned for more developments!