**IMPORTANT to look at before doing meal support**

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| --- |
| **MOST USEFUL…..**  START WITH THIS ONE : AIMED AT PARENTS… but this is what we are aiming to model for them  Anxiety management – 5 mins  <https://youtu.be/2O9nZAWCkLc>  H:\Downloads\qrcode_www.youtube.com.png  Meal support training (suggested by tier 4 PC) start at 04:40 ..whole thing is 35 mins  <https://youtu.be/pPSLdUUlTWE>  H:\Downloads\qrcode_www.youtube.com (2).png  This is an overview of how things are done in Taunton (our guidelines will be close to theirs…but they do fortisips if meals not eaten and ng in for one meal at a time…we are not planning to do that at the moment)  <https://youtu.be/fzduH6x0yuQ>  H:\Downloads\qrcode_www.youtube.com (3).png |

**If more time and interested**

This is what parents are being asked to do at home

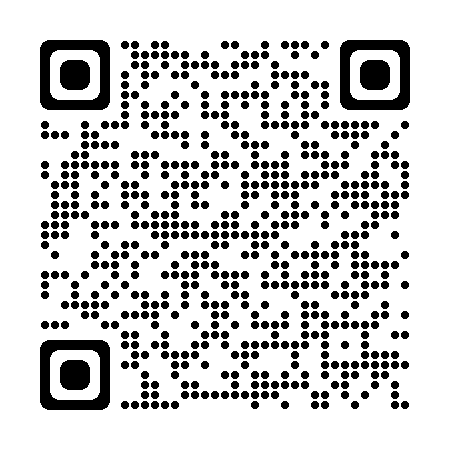
General meal support advice – 20 mins – what to do if they are stuck

<https://youtu.be/BVhKXh0gLGc>



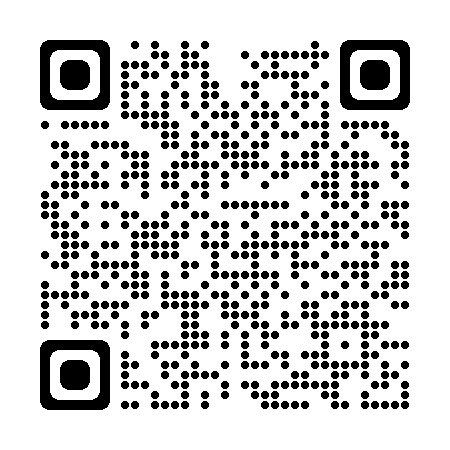
Top tips for during a meal – watch from 7 mins to 14 mins

<https://youtu.be/0dS55cDLlDQ>



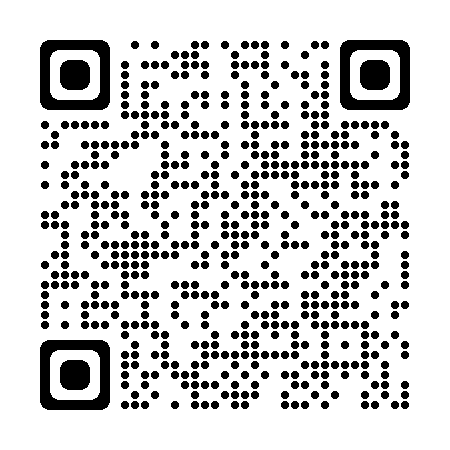
**Loads of useful resources about managing eating disorders**

[ALPINE Resources - Assessment and Liaison for Paediatric In-Patients with Eating Disorders (office.com)](https://sway.office.com/NlBLYeNxZEXb8HSJ?ref=Link&loc=play)



**Helpful coping strategies for young people**

[A to Z of coping strategies - YouTube](https://www.youtube.com/watch?v=5EXpkVw3fh0)



**A glimpse of hope – created by young people with eating disorders sharing their experiences of getting better**

[ICE Project - Eating Disorders Group ‘A Glimpse of Hope’ on Vimeo](https://vimeo.com/306136147)

