

# Feeding and Eating In Children and Adolescents

Eating Disorders, Disordered Eating  
and Just Desserts

# The Development of Eating

- ▶ Eating is the first independence skill we give children



# Sometimes development goes awry

- ▶ Feeding disorders can occur in infancy and early childhood
- ▶ And these can continue to make eating challenging throughout childhood



# Normal Feeding and Eating

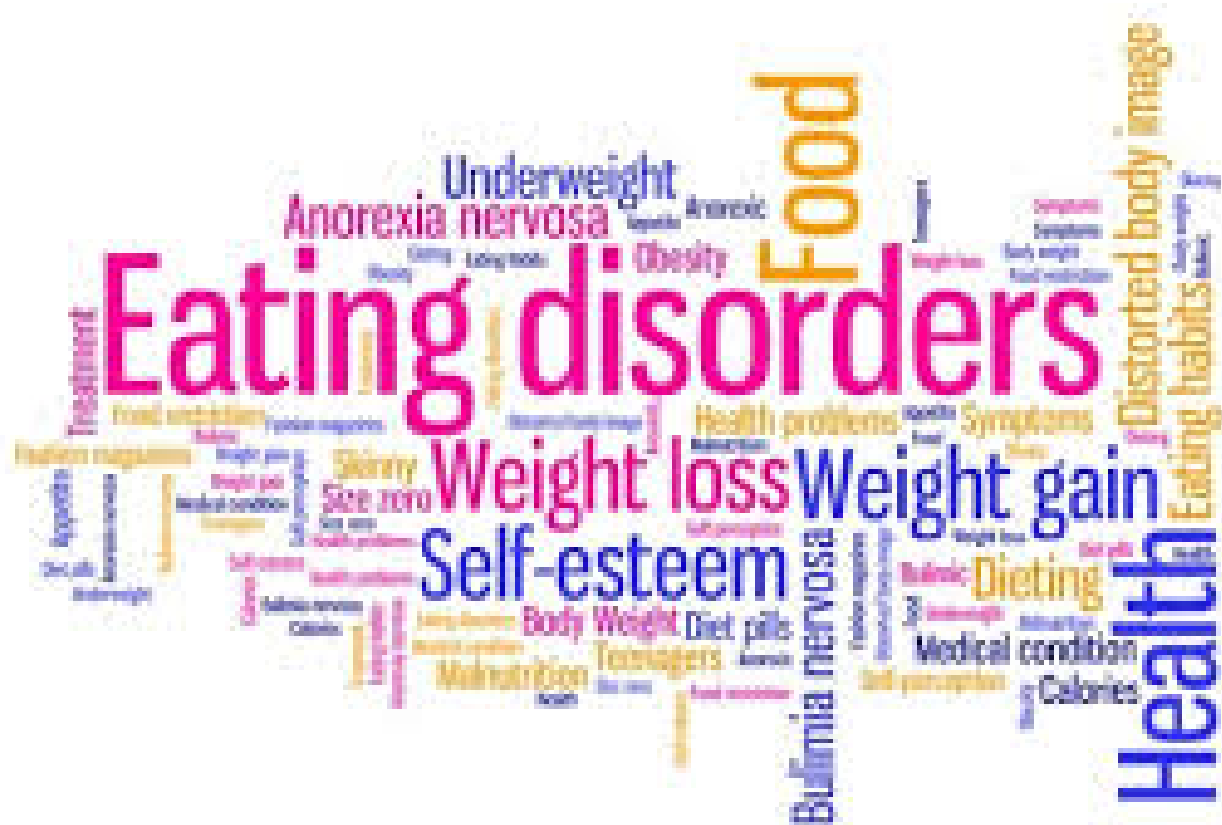
- ▶ Pre-teens and teens go through many changes in their eating habits
  - May eat more
  - May experiment with skipping meals (but this isn't healthy!)
  - May appear to be binge eating, particularly in social situations
  - Watch for changes in eating, weight loss or sudden weight gain

# The Development of Eating

- ▶ Adolescence is a time of increased risk for eating disorders and disordered eating



# What are the Eating Disorders



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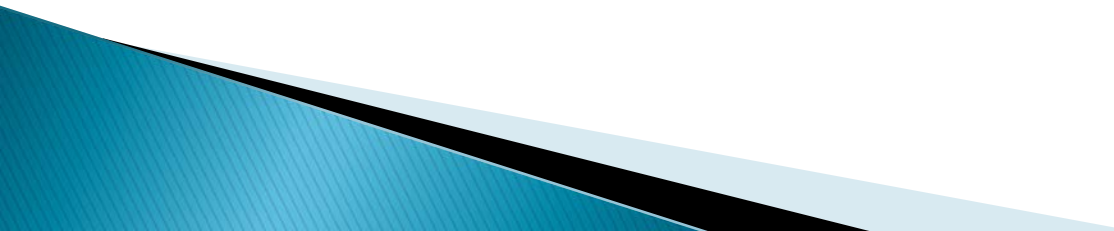


# ARFID

- ▶ “Extreme” picky eating or “food neophobia”



# What if eating is not normal?

- ▶ Treatments help at all ages and across the eating spectrum
  - ▶ Focus on disrupting symptoms
    - Overturning neurocognitive impacts
    - Improving behaviors
- 

# Treatments Work

- ▶ Individual and family approaches
  - Cognitive Behavioral Therapy (CBT) for adolescents and adults
  - Family Based Therapy (FBT) for children and adolescents

# Families on the Frontlines

- ▶ Families can and should be seen as resources to help restore health
  - Know their children the best
  - Know what is “typical” and appropriate in their household
- ▶ Therapists and medical specialists are experts in eating; Parents are experts in their children

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