

Community resources

- Pediatricians and Primary Care Physicians can be key resources when starting your search for local therapists and/or dietitians.
- Contact your child's PCP to see if their practice keeps a list of local provider referrals.
- You can also see if your child's school has community resource lists available.
- For older patients, some college and university counseling centers have referrals resources as well as discounted services for training professionals.

Parent Community Support Resources

Duke Center for Eating Disorders ARFID Parent Resources:

- ARFID Parent Support Groups <https://eatingdisorders.dukehealth.org/events/Avoidant-Restrictive-Food-Intake-Disorder-%28ARFID%29>
- *ARFID related videos:*
 - Parent Self-Care <https://eatingdisorders.dukehealth.org/education/resources/video-parent-self-care>
 - Origins of ARFID <https://eatingdisorders.dukehealth.org/education/resources/video-origins-arfid>

American Academy of Child and Adolescent Psychiatry Family Resources:

- https://www.aacap.org/aacap/Families_and_Youth/Family_Resources/Home.aspx

Massachusetts Parent and Caregiver Supports:

- <https://www.mass.gov/service-details/parent-and-caregiver-support>
- Parent Stress Line: 1-800-632-8188

Multi-service Eating Disorder Association's free online family and friends support groups:

- <https://www.medainc.org/services/heal/medas-recovery-groups/>

F.E.A.S.T. Families Empowered And Supporting Treatment for Eating Disorders Resources:

- *Distress Tolerance is a Parental Superpower, not a lack of caring:* <https://www.feast-ed.org/distress-tolerance-is-a-parental-superpower-not-a-lack-of-caring/>
- *Supporting Siblings:* <https://www.feast-ed.org/a-seat-at-the-table-supporting-siblings-of-eating-disorder-patients/>

Boston Children's Hospital Health Education Library:

- <https://extapps.childrenshospital.org/efpec>

Books

- Off the C.U.F.F.: A Parent Skills Book for the Management of Disordered Eating By Dr. Nancy Zucker
- Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, and Adults by Dr. Kamryn Eddy and Dr. Jennifer Thomas

- ARFID Avoidant Restrictive Food Intake Disorder: A Guide for Parents and Carers by Dr. Rachel Bryant-Waugh
- SOS! Help for Parents: A Practical Guide for Handling Common Everyday Behavior Problems by Lynn Clark
- Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet by Cheri Fraker, Dr. Mark Fishbein, Sibyl Cox, and Laura Walbert
- The Challenging Child by Stanley Greenspan
- 1,2,3, Magic: Effective Discipline for Children 2 to 12 by Thomas Phelan
- Just Two More Bites! Helping Picky Eaters Say Yes to Food by Linda Piette
- French Kids Eat Everything by Karen Le Billon
- Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions by Gillian Harris and Elizabeth Shea
- Child Of Mine by Ellyn Satter
- Food Chaining, by Fraker and Fishbein
- It's not About the Broccoli by Dina Rose
- The Picky Eater's Recovery Book: Overcoming Avoidant/Restrictive Food Intake Disorder by Dr. Jennifer Thomas
- Sophie-Safe Cooking, by Emily Hendrix (top 8 allergen-free cookbook)

Family Education Sheets

Finding a therapist:

- <https://extapps.childrenshospital.org/EFPEC/Home/Sheet/6806>
- <https://extapps.childrenshospital.org/EFPEC/Home/Sheet/7581>

Inpatient stay information:

- Planning for ARFID Hospitalization:
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/4625>
- Preparing your child for a hospital stay:
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/604>
- "Your Book About Your Sibling Being in the Hospital":
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/7453>
- Going Home after a Hospital Stay or Procedure/Test:
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/606>
- Helping your child with needle phobia for labs and preparing for blood draw:
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/7550> and
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/6609>
- What to Expect When Your Child is Having Day Surgery:
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/4943>
- Community Food Resources: <https://extapps.childrenshospital.org/EFPEC/Home/Sheet/7395>
- Phone/tablet apps to manage pain and stress:
<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/7785>