



Online Parent Workshops

As part of the Eating Disorder
Awareness Programme for Primary
School parents and carers

The Mind, The Body and You 9/12/2025 12:30—14:30pm

You are invited to a [workshop](#) about [understanding eating disorders/ disordered eating in primary school-aged children](#). We will discuss [what to look out for](#) and [how to support your child at home](#). Including:

- An overview of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, ARFID, and Pica.
- Warning signs to look out for
- Supporting our children through role modelling and active listening
- Look at some practical strategies you can use which may include doing a self-care activity with your child and the importance of look after self and creating your own support network



If you would like to join, please [ctrl + click the link or scan the QR Code](#)

[The Mind, The Body and You | Meeting-Join | Microsoft Teams](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's

[We look forward to meeting you.](#)