

Meal Support In ED Treatment



Plan ahead

Plan meals ahead of time. Who will be there? Who will provide the support? What will the meals look like? Who will prepare the meals? Who will serve the meal?

During Meals

No negotiating/discussions about the food during meals. Agree on distraction activities ahead of time. Sit together. Create a positive and calm environment. Focus on providing support and encouragement.



Keep Your Cool

As the support person, it is crucial that you remain calm. You are the calm during the storm. Stay consistent – don't change plans. Be confident. Show compassion.

Post meals

Avoid bathrooms for a little while. Agree on some distraction or joint activity such as TV, conversation or games. Provide emotional support as needed.



Reflect and review

It is helpful to always come back and review how the meal support went. What worked well? What didn't? What needs to be changed? How can this be approached next time?