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1. **Real Kids Come In All Sizes: 10 Essential Lessons To Build Your Child's Body Esteem** Kater, Kathy, 2004       
2. **Your Child's Weight: Helping Without Harming: Birth Through Adolescence** Satter, Ellyn, 2005   
3. **I'm Like So Fat: Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight-Obsessed World** Neumark-Sztainer, Dianne, 2005         
4. **Just a Little Too Thin: How to Pull Your Child Back From the Brink of an Eating Disorder** Schneider, Meg, 2006  
5. **Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Children Free of Food and Weight Conflicts** Hirschmann, Jane R. and Zaphiropoulos, Lela, 1993  
6. **Reviving Ophelia: Saving the Selves of Adolescent Girls** Pipher, Mary, 1994   and 20 other public libraries across southern Alberta
7. **Eating Disorders Awareness: Making a Difference** DVD documentary produced by the Calgary Eating Disorder Program, 2006 
8. **It's Not About the Food: Preventing Eating Disorders**, video, 2003 
9. **Killing us Softly III**, DVD, 2000  
10. **Troubled and Torn**, video, 2000 
11. **Reviving Ophelia**, DVD, 1998 
12. **Calgary Eating Disorder Program**
www.calgaryhealthregion.ca/eatingdis
13. **National Eating Disorders Information Centre (NEDIC)**
www.nedic.ca/
14. **National Eating Disorders Association (NEDA)**
www.nationaleatingdisorders.org/

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Calgary Public Library



Drayton Valley
Drumheller



High River
Lethbridge



Medicine Hat
Olds



Three Hills
Wetaskiwin

Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Eating Disorders** please call or visit:

The Southern Alberta Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW
Calgary, AB T3B 6A8

Phone: (403) 955-FCRC(3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC(3272) or email childhealthinfo@calgaryhealthregion.ca.

Community resource information available from:

The Calgary Eating Disorder Program

Phone: (403) 955-7700

Access Mental Health

Phone: (403) 955-1500

Contributing Partners

Alberta Children's Hospital: Calgary Eating Disorder Program



All of our Information Prescriptions are available for free download at: www.sacyhn.ca/pages/publications.html