



Maudsley Family Based Treatment: Frequently Asked Questions

Why does my child not seem like him/herself?

A flat affect, loss of interest in most things, and rigidity around food are all side effects of malnutrition. With weight restoration and improved nutritional status your child will return to normal.

If eating disorders are not about food, why are we focusing on it so much?

When dealing with severe malnutrition, your child is unable to focus on underlying factors associated with the disease. Neurologically, his/her brain is under functioning.

How do I deal with vacations with my child while doing the Maudsley Approach?

Some families choose to wait until they are further in the process (past the first phase) when their child is able to make more recovery choices. If the choice is still vacation in the first part of the process; choose restaurants and foods that are easier for your child. It is important that the process continues while on vacation.

How do we deal with weekends away from our child?

Many parents choose to stay home for the first phase of treatment. If it is necessary to leave your child, it is important to have a caregiver who can effectively continue the process the same way the parents have been.

Who needs to know about the eating disorder and our treatment choice?

This depends on your child's comfort level and the necessity of outside family, friends, or school involvement.

How do we deal with meal and snack refusals?

Life stops until food is eaten. This may require your child or yourself to stay home from school or work. This will be difficult in the beginning but will improve in later phases. Your treatment team will help you deal with difficult meal times in the early phases.

Where can parents get support?

Parents can get support through their treatment team, get other therapy specific to their needs, or utilize online support. (See Resource list)

How do siblings fit into the Maudsley approach?

The role of siblings is to provide moral support for the child when they are frustrated with the process.

What level of activity is my child allowed to do?

Activity is limited until weight restoration is completed. Your dietitian will give you specific guidelines during each phase. This is especially important if your child has been abusing exercise.

Is it still ok to buy low calorie or low fat foods?

Since weight restoration is the primary goal, having whole unaltered foods is important. If the parents diet requires modifications, be sure to keep it separated from your child's food.

If you have any further questions, please feel free to ask your treatment team.