In case the above is too abstract, let me give you a flavor of what I mean with some examples. If my form of words doesn’t work for you, don’t give up – either you need more context to understand how to shape your responses, or you need more tools, and there’s lots more on my website, in my book, and in parents’ forums (I like [FEAST](http://www.feast-ed.org/) and [EDPS](https://www.facebook.com/groups/EatingDisorderParentSupport.E/)).

Your child: “I’m not eating this.”  
You: “I understand. That’s a really normal reaction. I’m going to help you. Please start.”

Your child: “I’m too fat. You’re making me fat.”  
You: “That must be such a horrible thought. No wonder you’re feeling so rotten with a thought like that. I’m sorry about what you’re going through. Would you make a start please.”

Your child: “I’ve been sitting all day. I don’t need all these calories.”  
You: “Trust me. What’s on your plate is what you need to be well and feel good. Go ahead darling.”

Your child: “I’m not hungry.”  
You: “I can see that makes it hard. You know food is the medicine you need right now? Please start.”

Your child: “Did you put cream in this? / How many calories is this?”  
You: “For now, sweetheart, I’d like you to leave food stuff to me and Dad.”

Your child: “Do I have to eat this?”  
You: “Yes, love. Let me tell you this crazy thing the dog did this morning.”

Your child: “I hate you!” [Tips half of the plate onto the floor, gets up]  
You: “Please don’t do that – I find it so boring to clean up. I’m guessing you’re doing that because this is really hard for you, right? Scary? Hmmm. That’s a really normal feeling. It will pass. I’ll get you a new plate, and meanwhile why don’t you fire up the TV?”

Your child: “If I eat this, then next time you’ll be putting a whole pot of cream in.”  
You: “What matters is right now. I’m guessing it’s really hard for you right now?”

Your child: [tears]  
You: “May I give you a hug? No? OK, so I just want you to know it’s normal this is hard. It will pass. It will get easier. I love you. I have learned loads about eating disorders and we’re doing all the right things for you to get your happiness back. Now have a bite. So I was telling you about the dog…”

Any of the responses above could lead to food being eaten. After a while your child might need just one reminder that eating is required. But at the early stages most of us need to be persistent. Accept that resistance is a sign you’re doing exactly what’s needed to carry your child out of the eating-disorder whirlpool.

- See more at: <http://www.mirror-mirror.org/getting-your-child-to-eat.htm#sthash.vvXJZieO.dpuf>

If your child comments on the fact that you are not eating as much as they are etc.

"You are doing what you need to do for your health and I am doing what I need to do for mine."