



"Full Metal Apron": Eating Disorders Parent/Caregiver Coaching

Fighting an eating disorder is a fearsome task; you are literally fighting to save your loved one's life. For me, it was the hardest thing I have ever done and it rocked our family to the core; the overwhelmingness of it is huge, and that was when our experience included the best treatment possible, almost immediately. It taught me much about what is needed to get a loved one well and the awesome power of cutting edge education for parents plus specific skills training and support.

I can provide that via Skype, phone and text. I believe having a trained peer support coach/mentor will save you time, energy, money and quality of life as you navigate this as my testimonials support. I look forward to connecting with and helping you.

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[JD Ouellette Peer Coaching/JDOuellette.com](https://JDouellette.com)

Tried and True Recipes for Refeeding and Beyond from Full Metal Apron Warrior Parents



Dipping your toes in choice: Vicky S. from New Zealand shares her practical, supportive, effective approach

The past 6 weeks have been a struggle for our RAN d to start taking over her own afternoon snack. She says every week she's going to do but just couldn't seem to manage it, eventually asking me to just bring her something. It felt like we were getting nowhere.

This week I made a list of snack options and put together 2 containers of snacks to choose from. There are full snacks and 1/2 snacks that she can choose 2 options. I added a lot of favourite snacks from when she was younger and she loved to see those!

Every day this week since I started this she has managed her snack on her own without reminding!! YAY 🎉🥳🎉

So just thought I would share in case any of you are stuck in the same situation. ❤️



Snack Options

Full Snacks:

- Baking
- Ice Cream
- Musels or Cliff Bar
- Hummus/Carrot/Crackers
- 2 pieces of Toast with Peanut Butter/ Nutella
- Cheese/Crackers/Nuts/Salami/Fruit Plate
- Packet of Chips
- Snack Balls
- Cookie Time Cookie
- Chocolate bar or packet M&M's
- Pink Lemon Yogurt
- iced Coffee

1/2 Snacks: (Choose 2)

- Fruit: Bowl Grapes or Orange or Apple or Banana
- Le Snak
- Peaches 1/2 tin
- Shrimp small packet
- Pringles 1/2 small tin
- 2 Oreo sticks
- Protein Yogurt
- Chocolate Biscuit



Serve with Liberal Doses of Loving, Validating, Insistent Meal Coaching While Wearing Your Full Metal Apron