



"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.

[Read More](#)

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

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

Mack's Milky



(From Mack's Mom; Mack was diagnosed with an eating disorder at the age of 11 ½ and required a diet high in calories, but with a small "footprint" to get all the calories in. She had this drink with meals three times a day for almost two years, then twice a day during the school week and at least once a day on weekends. Over the course of three years this whittled down to an occasional "milky" for a calorie boost. Now 18 ½, Mack has been in full recovery for 3+ years and is living her very best life.)

8 ounces or 240 ml of full-fat/whole milk (initially she was told it was 2% milk*)

½ cup or 120 ml of heavy whipping or double cream

Boost protein chocolate powder (when that became hard to find we switched to Carnation Instant Breakfast)

Shake or Mix well and Serve with Liberal Doses of Loving, Validating, Insistent Meal Coaching

*Some clinicians disagree with hiding calories on the basis of it destroying trust with your child. My stance is that early in refeeding, you are not dealing with your child, but with their mental illness, and what is said/done at this point in time is about getting their brain nourished to a point where you can have logical conversations with your child again. As a person who hid calories early on (with a 17-year old), we saw no negative repercussions and our daughter's trust is that we did, and always will, take care of her health needs if she is not able to. If being untruthful is too hard for you, some parents wisely choose to not answer direct questions and simply say, "This has what you need in it" or "Yes, it's on your meal plan" (since the point of a meal plan is to restore body and brain and high fat/calorie foods are important in doing that). I am #TeamWhateverItTakesIsWhateverItTakes

[Nutrition Analysis Available Here](#)