

# Getting started

Welcome to Around the Dinner Table!

GREETINGS, F.E.A.S.T. Community. As of July 1, 2018 you can access this forum directly without logging in at the main site. If this is your first login since that date please reset your password by using the "lost password" option. We apologize for the inconvenience. We are preparing a new website and services for the parent community to be rolled out soon! If you have questions or concerns, or trouble resetting your password, please contact us at [admin@feast-ed.org](mailto:admin@feast-ed.org)

Custom Search of F.E.A.S.T. and Forum Content

Search: Custom Search

### F.E.A.S.T.'s Around The Dinner Table forum

**F.E.A.S.T. is International!**  
Families Empowered and Supporting Treatment of Eating Disorders

Welcome to F.E.A.S.T.'s Around The Dinner Table forum. This is a free service provided for parents of those suffering from eating disorders. It is moderated by kind, experienced, parent caregivers trained to guide you in how to use the forum and how to find resources to help you support your family member. This forum is for parents of patients with all eating disorder diagnoses, all ages, around the world.

Join these conversations in progress:

**WELCOME TO AROUND THE DINNER TABLE**  
Road to Recovery - Stories of Hope  
Events for parents and caregivers around the world  
Free F.E.A.S.T. conference videos

and of course, visit [F.E.A.S.T. site for information and support](#)

If you need help using the forum please reach out to one of the moderators, listed below, or email us at [Admin@feast-ed.org](mailto:Admin@feast-ed.org)

**Register Here** (Callout pointing to Register button)

**Login Here** (Callout pointing to Login button)

**To go to FEAST for loads of information you can click HERE** (Callout pointing to F.E.A.S.T. site link)

Buttons: Register, Login, Search

Breadcrumbs: F.E.A.S.T. > Categories

Category	Posts	Topics	Last Post
Join the Parent and Carer Community Forum:			
'Around the Dinner Table' Online Forum for Parents and Carers	34757	2039	I threw out the scales - was ... 39 minutes ago by <a href="#">Museum</a>

Virgin Mobile 11:12 pm 70%

aroundthedinnertable.org

F.E.A.S.T.'s Around The Din... (Menu icon circled)

Join the Parent and Carer Community Foru...

'Around the Dinner Table' Online Forum...

2039 topics · Last post 1 hour ago

- 2016 posts  
293 topics · Last post Jul 24, 2017
- 2015 Posts  
1688 topics · Last post Jan 01, 2016
- 2014 Posts  
2228 topics · Last post Jan 01, 2015
- 2013 Posts  
2432 topics · Last post Oct 05, 2015
- 2012 posts  
1932 topics ·

Quick Links

Virgin Mobile 11:13 pm 89%

aroundthedinnertable.org

Search All Categories

Sign In Create Account

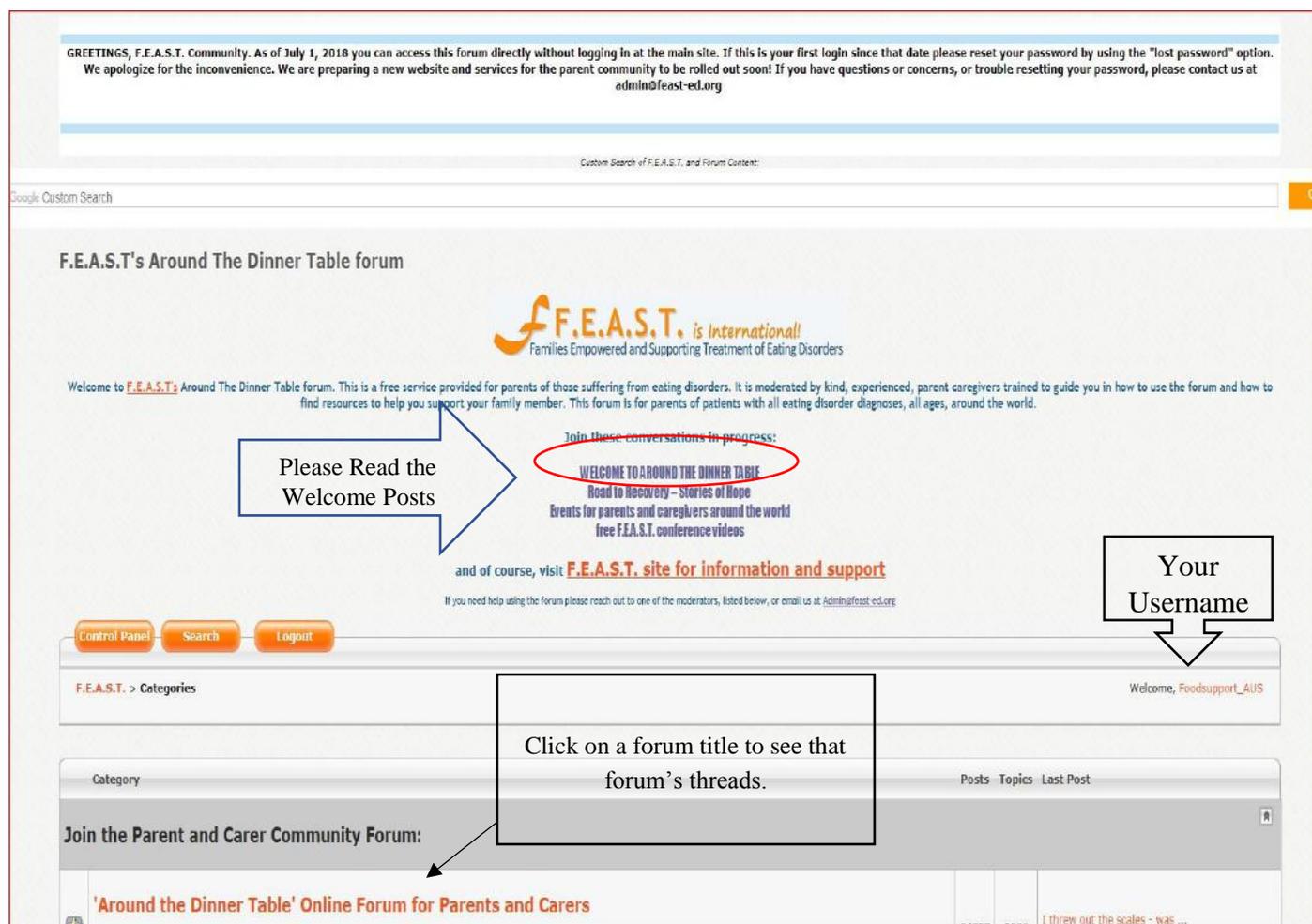
- Categories
- Members
- Latest Topics
- Search
- Desktop Version

Tap here to open out the menu. You can log in or join.

Create a username for yourself. This is the name that will appear on the screen when you post. Choose a name that will protect your privacy. This forum is public and your username will be available to all (however, your private information will only be available for members).

Once you have registered, you will be able to log in at any time on the Forum Home page.

When you have logged in you will land here:



When you are logged in, your username will appear on the Top right as well as in the Active Users list on the bottom of this page. A green dot will appear next to your name on any posts.

Once logged in you can read both the Main forum – Around the Dinner Table Online Forum for Parents and Carers (publicly searchable) and the private forums including archived posts. You can also post in both the Main Forum and the Caregiver only Forum. To read threads click on a link.

'Around the Dinner Table' Online Forum for Paren...

Current Forum title

Topics

EXCITING NEWS AND CHANGES ON ... 4h 13  
Foodsupport\_AUS: Just to clarify the only difference between latest topics and the main forum in posts/markings was that the Latest topics list included threads from...

I threw out the scales - was it mistak... 1h 102  
clem: Thank you Mamaroo, Tina72 and mid73. I thought that same, that D needs weight to increase by at least 10kg.. thank you for looking into that. I...

new member... tired of RAN! 1h 4  
kkhrd: Thank you Tina72, I considered that, and spoke with her FBT therapist and she thinks that it is important that she knows her weight because she needs...

Anorexic melt down 3h 10  
Hibiscus: We r in Australia. She is 13, diagnosed at 12. All went well after hospital before Xmas but as I discovered food tricks, she leaned towards...

Start a new thread here

Edit Share Mark Read Compose

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To get back to this page at any time on the forum click on CATEGORIES

Home Forum Search Logout

F.E.A.S.T. > Categories Welcome, Foodsupport\_AUS

Category Posts Topics Last Post

#### Join the Parent and Carer Community Forum:

Category	Posts	Topics	Last Post
<b>'Around the Dinner Table' Online Forum for Parents and Carers</b> A moderated online forum for parents and caregivers of eating disorder patients. Moderators: MarcellaUK, Foodsupport_AUS, sk8r31, OneToughMamma, Kali, deeni	34920	2046	10 year old - not yet diagnot... 40 minutes ago by OneToughMamma
2016 Posts Moderators: OneToughMamma, Foodsupport_AUS, MarcellaUK, sk8r31, Kali, deeni	3531	203	Thread for Families with love... Jul 24, 2017 by Kali
2015 Posts Moderators: OneToughMamma, Foodsupport_AUS, MarcellaUK, sk8r31, Kali, deeni	24491	1668	Genetic Testing Jan 01, 2016 by OneToughMamma
2014 Posts Moderators: OneToughMamma, Foodsupport_AUS, MarcellaUK, sk8r31, Kali, deeni	26713	2228	D in residential, Here's to a... Jan 01, 2015 by SCL
2013 Posts Moderators: sk8r31, OneToughMamma, Foodsupport_AUS, MarcellaUK, Kali, deeni	34576	2432	How to prevent purging? Oct 05, 2015 by Lcan
2012 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	34623	1932	about to challenge the fear I... Jan 12, 2015 by anotherbite_CAN

Two forums and lots of other information

#### Caregiver Only Forums:

<b>Parent Reviews of Treatment Providers</b> This forum is for parents to share personal experiences with treatment providers around the world. Moderators: MarcellaUK, Foodsupport_AUS, sk8r31, OneToughMamma, Kali, deeni	1198	268	UK PICU units, in particular... 5 days ago by vt_uk
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#### Quick Links

<b>Read "Hall of Fame" Posts from Around the Dinner Table</b> A collection of our favorite, most inspiring, most-read posts from members over the years. Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	-	-	No posts
<b>User's Guide and FAQ</b> Moderators: OneToughMamma, Foodsupport_AUS, MarcellaUK, sk8r31, Kali, deeni	-	-	No posts
<b>Contact Us</b> Moderators: OneToughMamma, Foodsupport_AUS, MarcellaUK, sk8r31, Kali, deeni	-	-	No posts

Hall of Fame - Collective Wisdom

#### Past Years (Read Only):

2011 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	28431	1422	When to tell people & what to... Jan 01, 2012 by membeare
2010 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	17854	1133	2011 Jan 01, 2011 by Bee
2009 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	19999	1324	Alternate Strategies: An Expe... Jan 01, 2010 by Waterhouse
2008 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	12428	1043	Where do we go from here? Jan 01, 2009 by obsoletom
2007 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	8281	733	something to share Jan 01, 2008 by chloia
2004 - 2006 Posts Moderators: MarcellaUK, sk8r31, OneToughMamma, Foodsupport_AUS, Kali, deeni	2853	321	Speed of gain? Dec 30, 2006 by Confused
<b>"Introductions" Thread from March 2010 to June 2012 (Archived)</b> This thread was pinned to the top of the aTUE Forum for three years and tells the stories of many of our members who joined during that period and before. Moderators: MarcellaUK, Foodsupport_AUS, sk8r31, OneToughMamma, Kali, deeni	248	1	Tell your story - introductio... May 30, 2013 by WilmaKu

Click on Moderator names to contact them.

#### What's Going On

**Currently Active Users**  
There are currently 34 users online: 1 member, 33 guests  
Foodsupport\_AUS  
Most users ever online was 945 on Apr 02, 2017.

**Forum Statistics**  
Topics: 16,854, Posts: 250,556, Members: 7,602 - [Members List](#)  
Please welcome our newest member, [Kariac](#).

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Donate F.E.A.S.T. Families Empowered and Supporting Treatment of Eating Disorders

F.E.A.S.T. is a 501(c)(3) charitable organization committed to enhancing the lives of those living with eating disorders.

P.O. Box 2291 | Warrenton, VA 20186 USA  
US +1 803-507-9947 | Canada +1 847-247-1110 | Mexico +1 1-714-944-0123 | UK +44 (0)20880551

This forum is sponsored by F.E.A.S.T., an organization of parents serving parents and caregivers of patients of all ages with anorexia, bulimia, and other eating disorders. Information and advice given on this forum does not necessarily represent the policy or opinion of F.E.A.S.T. or its volunteers and is meant to support, not replace, professional consultation.

F.E.A.S.T. is registered as a nonprofit organization under section 501(c)(3) of the United States Internal Revenue Code.

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Google Custom Search



Custom Search of F.E.A.S.T. and Forum Content



## Starting your own thread

You will need to click on a forum. Most posts are in Around the Dinner Table Online Forum for Parents and Carers.

The screenshot shows the F.E.A.S.T. forum homepage. At the top, there is a search bar and a navigation menu. The main content area features a welcome message and a list of active threads. A callout box on the left points to a thread titled "10 year old - not yet diagnosed". A callout box on the right points to the "New Topic" button in the upper right corner.

Choose a thread here

To start a thread click on New Topic

Subject	Author	Views	Replies	Last Post
10 year old - not yet diagnosed	astjma	395	11	1 hour ago by CineToughMomma
Tips for handing off part of care to a nanny	atd31_US	103	2	1 hour ago by Foodsupport_AUS
Can't cope	CH76	582	49	2 hours ago by Foodsupport_AUS
extinction burst or just bad ED behavior?	kkhtrd	103	9	4 hours ago by debra18
I threw out the scales - was it mistake? It's just all too much	clem	3,529	107	7 hours ago by skdr11
...	...	...	...	16 hours ago

When you click on “New Topic” in the upper right corner, you will be directed to this screen:

The screenshot shows the "New Topic" form. A callout box points to the forum title "Parent Reviews of Treatment Providers". Another callout box points to the rich text editor. A third callout box points to the "Post New Topic" button.

You are posting in this forum

You can edit your posts and add files

Give your thread a title in the subject line and then type your message in the large open box. For your first entry, it is a good idea to introduce yourself by describing your child's case and giving us some general details:

- Age and gender of sufferer
- Diagnosis if known

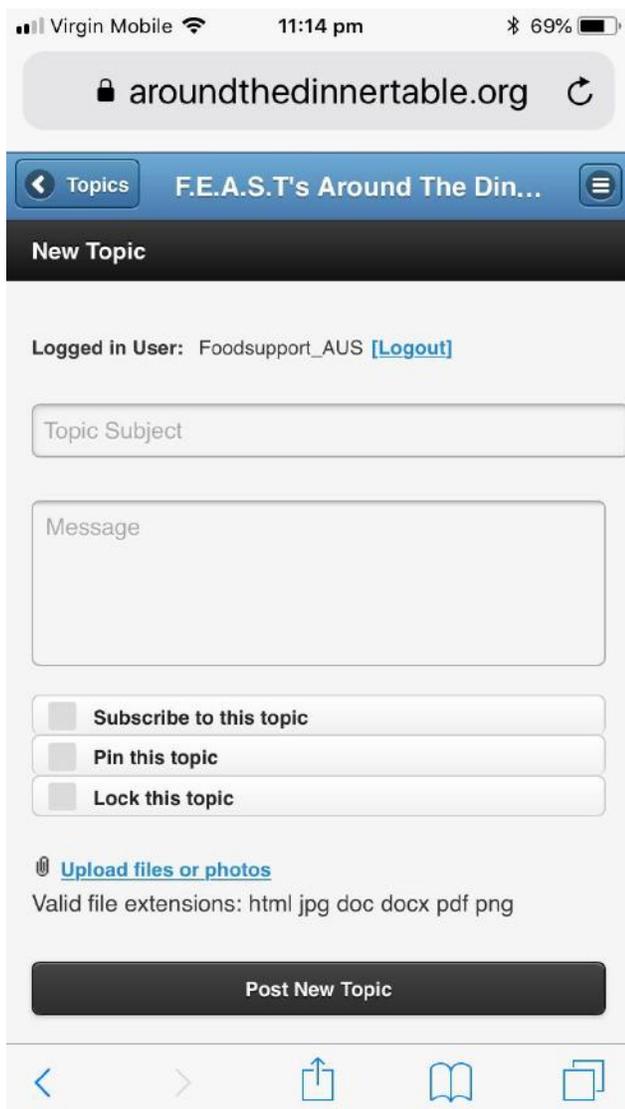
- Duration of sickness
- Treatment methods so far

Then ask your questions; we know you have a few.

Remember that Around the Dinner Table is a searchable forum and anything you write is visible to anyone who looks. Be discrete in naming names.

You can spell check and preview your post to see how it will look on the forum screen. Note that “Preview Post” does not make your posting appear on the forum yet.

When you are satisfied, click on “Post Message” to post your new thread on the forum.



The screenshot shows a mobile browser interface for the website aroundthedinnertable.org. At the top, the status bar shows 'Virgin Mobile', '11:14 pm', and '69%' battery. The address bar contains the URL 'aroundthedinnertable.org'. Below the address bar is a blue navigation bar with a back arrow, the text 'Topics', and a partial title 'F.E.A.S.T's Around The Din...'. A hamburger menu icon is on the right. The main content area is titled 'New Topic' in a black bar. Below this, it says 'Logged in User: Foodsupport\_AUS [Logout]'. There are three input fields: 'Topic Subject', 'Message', and a section for topic options with checkboxes for 'Subscribe to this topic', 'Pin this topic', and 'Lock this topic'. Below these is a link to 'Upload files or photos' with a list of valid file extensions: 'html jpg doc docx pdf png'. At the bottom of the form is a large black button labeled 'Post New Topic'. The mobile home indicator bar at the very bottom shows navigation icons for back, forward, share, bookmarks, and tabs.

## Replying to a thread

www.aroundthedinnersite.org/post/hi-im-new-here-85262677pid=1295843345#qsc.tab=0

**#HateED**  
THE MINDS YOU  
THINK OF GIVING  
UP...  
THINK OF THE  
REASON WHY YOU  
WELL ON SO LONG.

Caregiver  
Registered: Apr 07, 2014  
Posts: 564

Posted 13 hours ago #4

Welcome to the group, though so sorry that you need to be here. The anxiety and depression most likely go hand in hand with the ED. Hopefully you can increase her weight and the suicidal thoughts will start to lessen. Keep reading and educating yourself on EDs as much as possible. The more you know, the better prepared you will be to fight the illness.

Please ask lots of questions or just come here for support when you're having a bad day!

Edit | Delete

**momon**

Caregiver  
Registered: Mar 19, 2013  
Posts: 654

Posted 8 hours ago #5

A commonly recommended book to start with is Locke and Lagrange, How to Help Your Teen Beat an Eating Disorder (I think that's the title but it may not be exactly that). It gives good background to know at the start. Take care and read around this forum for excellent and trustworthy info!

Edit | Delete

Previous Topic | Next Topic Selected Posts: -- Select --

Subscribe Tweet Like Share

Click on Reply

Reply

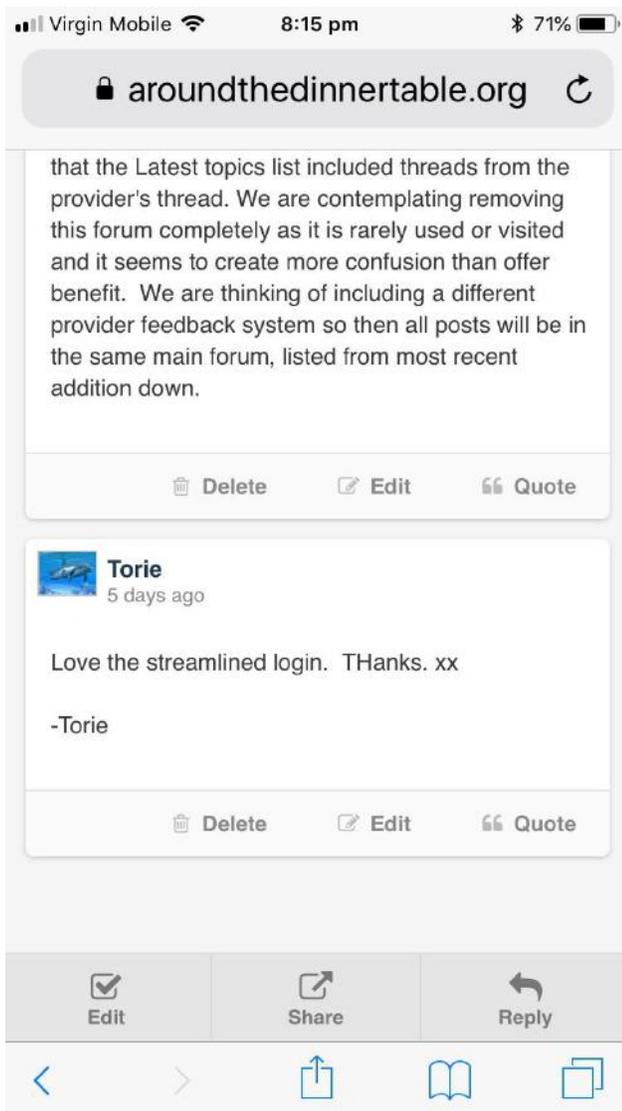
Reply to this topic

Add Reply

When you are finished writing, click on add reply to post your reply

**F.E.A.S.T.** Families Empowered and Supporting Treatment of Eating Disorders  
is a 501(c)3 charitable organization committed to maintaining the Around the Dinner Table forum as a FREE service for any caregiver of a loved-one with an eating disorder.

P.O. Box 1281 | Warrenton, VA 30188 USA  
US +1 888-30-FEAST | Canada +1 647-247-1239 | Australia +61 721889678 | UK +443308180931



Any time after you have posted, you can Edit or Delete your own posts by using the buttons in the lower right of your posts.

Your posts are visible and searchable—keep this in mind while posting. While details of your child’s illness help other members to help you, be aware that professionals and sufferers also lurk on our forum.

If you can’t find your post, there’s a good chance that it has drifted down the list. Try looking back through a few pages. You can also subscribe to your thread (under Thread Tools in the upper left), or search for it under the thread name or author username.

If you would like to contact a member privately, click on the username to send an e-mail (if they have made that available). We call this a “backchannel” conversation.

**Welcome to the forum. We hope you find a place of support and friendship during this difficult time.**