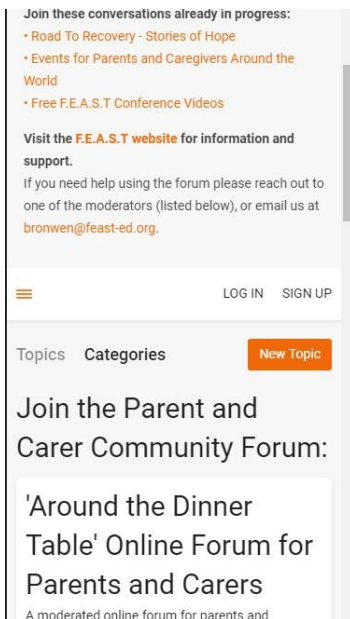
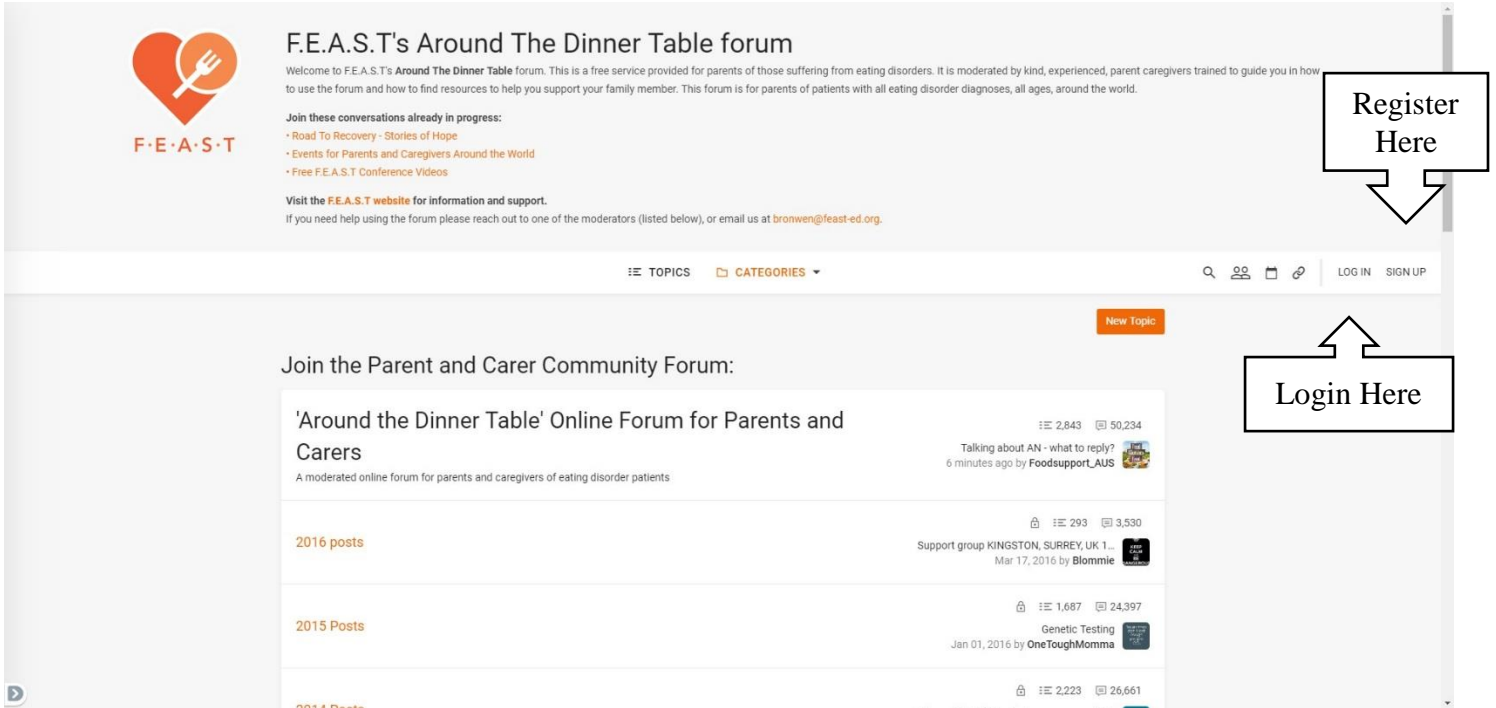


# Getting started

Welcome to Around the Dinner Table!

This document is to help you get started and find your way around. You can view the forum on either your PC or mobile device.



Sign up to join or Log in if you already have a registration

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 (your caregiver type, country, current approach, and introduction are visible to logged in members only).

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:

The screenshot shows the forum's home page with the following callout boxes:

- Top Left:** A blue arrow-shaped box pointing to the pinned topics section, containing the text: "Please look at these pinned topics and visit the FEAST website".
- Top Right:** A box pointing to the user profile icon in the top right corner, containing the text: "Your Username icon. Click on this to edit your profile and look at your posts.".
- Center:** A box pointing to a forum title, containing the text: "Click on a forum title to see that forum's topics.".
- Right Side:** A box pointing to a "New Topic" button, containing the text: "DO NOT USE THIS YET!".
- Bottom Right:** A box pointing to an "eye" icon, containing the text: "Please note the 'eye' icon.".

When you are logged in, your username will appear on the top right of the screen as well as in the Active Users list on the bottom of this page. A green dot will appear next to your name if a member clicks on your profile.

Once logged in you can read both the Main forum – Around the Dinner Table Online Forum for Parents and Carers (publicly searchable) and the Caregiver only Provider's Feedback forum as well as archived posts, from 2016 and earlier. You can also reply to posts in both the Main Forum and the Provider's Feedback Forum. To read Topics click on a link. **IT IS STRONGLY SUGGESTED YOU OPEN A FORUM BEFORE CLICKING ON NEW TOPIC** to start a New Topic. You will need to choose category if you start a New Topic prior to opening a forum and many of them are invalid.

Join these conversations already in progress:

- Road To Recovery - Stories of Hope
- Events for Parents and Caregivers Around the World
- Free F.E.A.S.T Conference Videos

Visit the **F.E.A.S.T website** 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 [bronwen@feast-ed.org](mailto:bronwen@feast-ed.org).



Topics Categories  **New Topic**

DON'T USE THIS YET

## Join the Parent and Carer Community Forum:

Click on the link to read the main forum

### 'Around the Dinner Table' Online Forum for Parents and Carers

2,843

A moderated online forum for parents and caregivers of eating disorder patients

☰ 2,843    💬 50,234    🔄

Talking about AN - what to reply?  
18 minutes ago by **Foodsupport\_AUS**

Links to previous years posts

2016 posts **293**

🔒 ☰ 293    💬 3,530    🔄



"Eye" icon

The "Eye" icon if selected will hide the relevant forum from view. To make it visible again scroll to the bottom of the page and select Modify filter – unselect the hidden forum and save.

Now for a few of the forum functions to help you get around.

The screenshot shows the F.E.A.S.T. forum homepage. At the top left is the F.E.A.S.T. logo, a red heart with a white fork and knife. To its right is the text "F.E.A.S.T.'s Around The Dinner Table" and a welcome message. A blue callout box with a white border points to the "CATEGORIES" link in the top navigation bar, containing the text: "To get back to this page at any time on the forum click on CATEGORIES". Below the navigation bar, there are sections for "Join the Parent and Carer Community Forum:", "Caregiver Only Forums:", "Quick Links", and "Past Years (Read Only):". A large white callout box with a black border on the right side contains the text: "There are two forums: Around the Dinner Table and Parent Reviews of Treatment Providers. There is also lots of other information". Arrows from this box point to the "Around the Dinner Table' Online Forum for Parents and Carers" and "Parent Reviews of Treatment Providers" sections. The "Quick Links" section includes "Read 'Hall of Fame' Posts from Around the Dinner Table Forum", "User's Guide and FAQ", and "Contact Us". A second callout box with a white background and black border points to the "Hall of Fame" link, containing the text: "Hall of Fame – Collective Wisdom". At the bottom of the page, there is a search bar, contact information, a disclaimer, and social media icons.

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

There are two forums: Around the Dinner Table and Parent Reviews of Treatment Providers. There is also lots of other information

Hall of Fame – Collective Wisdom



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

Welcome to F.E.A.S.T.'s Around The Dinner Table forum. You can find resources to help you use the forum and how to find resources.

- Join these conversations already in progress:
- Road To Recovery - Stories of Hope
  - Events for Parents and Caregivers Around the World
  - Free F.E.A.S.T. Conference Videos

Visit the F.E.A.S.T. website 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 [bronwen@feast-ed.org](mailto:bronwen@feast-ed.org).

TOPICS CATEGORIES

SEARCH

### Join the Parent and Carer Community Forum:

**'Around the Dinner Table' Online Forum for Parents and Carers**

2,844 posts | 50,237 replies

Talking about AN - what to reply? 41 minutes ago by Pingu

Support group KINGSTON, SURREY, UK... Mar 11, 2016 by Blomnie

Genetic Testing Jan 01, 2016 by OneToughMamma

D in residential. Here's to a new year of... Jan 01, 2015 by SCL

How to prevent purging? Oct 05, 2015 by Lcan

about to challenge the fear foods Jun 13, 2015 by anotherb... UK

### Caregiver Only Forums:

**Parent Reviews of Treatment Providers**

278 posts | 1,239 replies

thoughts about ERG or Rogers Memorial... 7 days ago by Ithel935

### Quick Links

**Read 'Hall of Fame' Posts from Around the Dinner Table Forum**

A collection of our favorite, most inspiring, must-read posts from member links to posts from archived forums.

**User's Guide and FAQ**

**Contact Us**

### Past Years (Read Only):

2011 posts | 1,422 replies | 28,431 replies

When to tell people & what to say... Jan 01, 2011 by mamabear

2010 posts | 1,133 replies | 17,854 replies

2011 Jan 01, 2011 by Bee

2009 Posts | 1,324 replies | 19,999 replies

Alternate Strategies: An Experimental... Jan 01, 2010 by Waterfous

2008 posts | 1,043 replies | 12,928 replies

Where do we go from here? Jan 01, 2009 by oboemom

2007 posts | 723 replies | 8,281 replies

something to share Jan 01, 2008 by choise

2004 - 2006 posts | 321 replies | 2,853 replies

Speed of gain? Dec 30, 2006 by Confused

"Introductions" Thread from March 2010 to June 2013 (Archived)

This thread was pinned to the top of the ATDT Forum for three years and tells the stories of many of our members who joined during that period and before.

Tell your story - introductions May 30, 2013 by WilmaAu

English 21 users online

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

Google Custom Search

**Support FEAST**  
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.

Donate

**Address**  
P.O. Box 1281  
Warrenton, VA 20188 USA

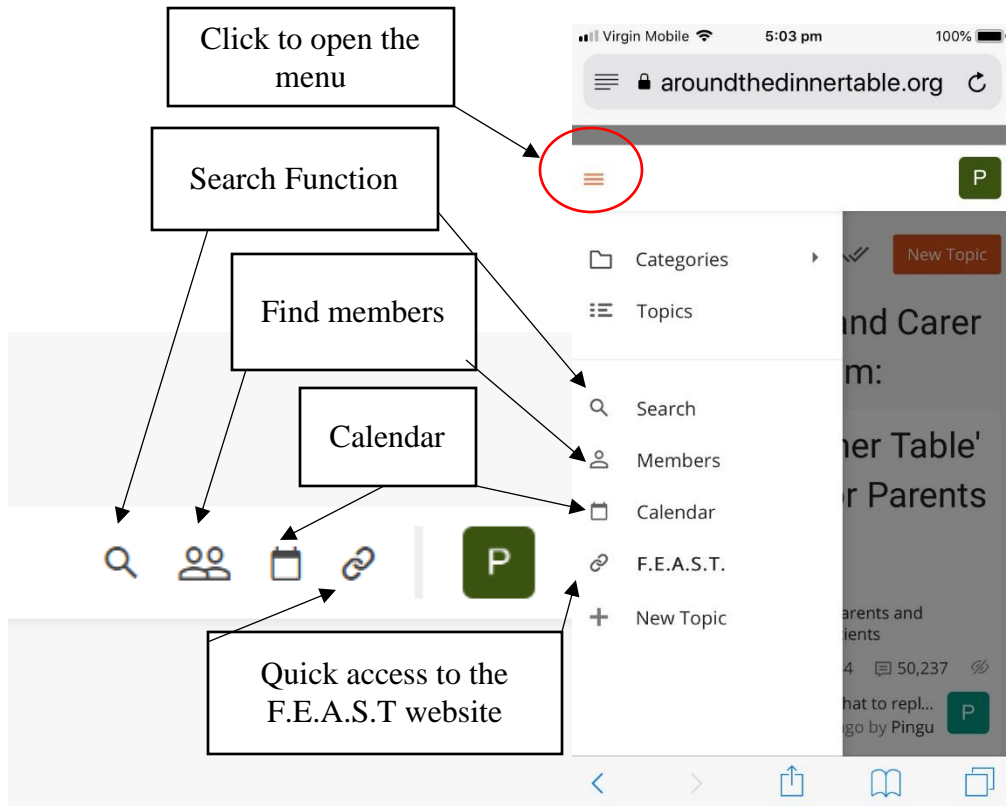
**Phone**  
US: +1 855-50-FEAST  
Canada: +1 647-247-1339  
Australia: +61 731-886675  
UK: +443308280031  
Israel: +972 23748988  
New Zealand: +64 98875172

**Disclaimer**  
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.

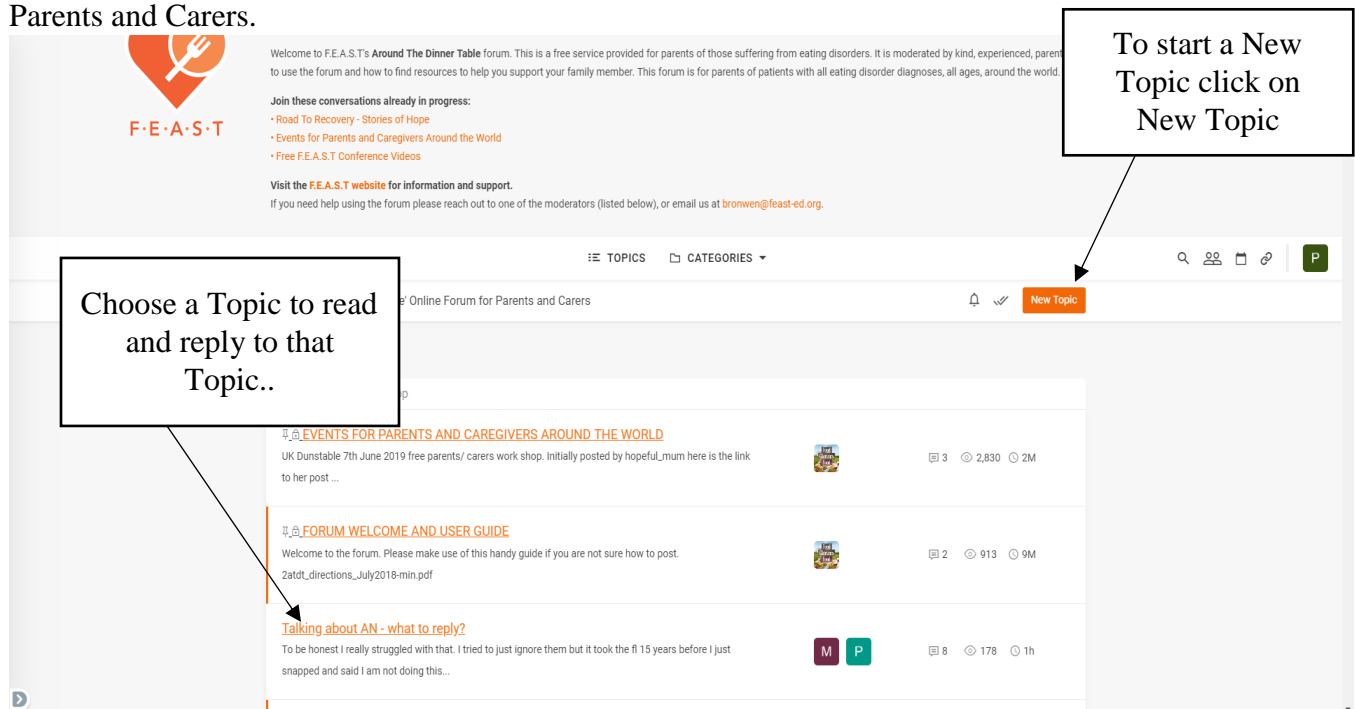


## What do the Icons mean?



## Starting your own Topic and replying to Topics

Please click on a forum first. Most posts are in Around the Dinner Table Online Forum for Parents and Carers.



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



← 'Around the Dinner Table' Online Forum for Parents and Carers



New Topic

Click here to start a New Topic

1 to 50 of 2,844 > >|

Latest New Top



### [EVENTS FOR PARENTS AND CAREGIVERS AROUND THE WORLD](#)

Started by [Foodsupport\\_AUS](#): UK Dunstable 7th June 2019 free parents/ carers work shop. Initially posted by hopeful\_mum here is the link to her post ...

3 2,830 2M



### [FORUM WELCOME AND USER GUIDE](#)

Started by [Foodsupport\\_AUS](#): Welcome to the forum. Please make use of this handy guide if you are not sure how to post. 2atdt\_directions\_July2018-min.pdf

2 913 9M

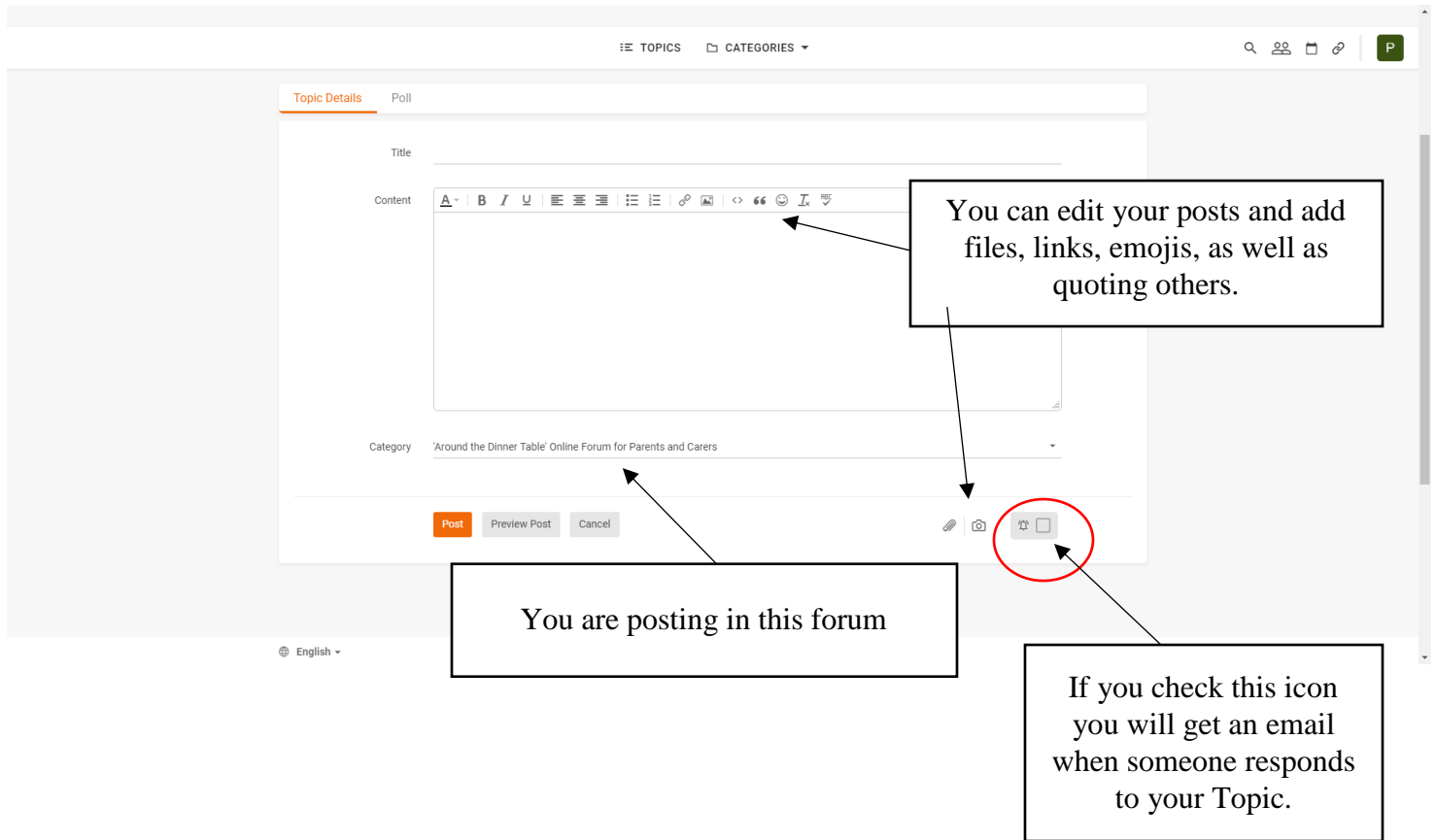
Choose a Topic to read or reply to that Topic.



### [Talking about AN - what to reply?](#)

Replied by [Pingu](#): To be honest I really

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



Give your topic 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 topic on the forum.

Topic Details Poll

Title

---

Content

**A** | **B** | *I* | U |  |  |  | 

Category





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

---

**Post**

Preview Post

Cancel

 |  |  | 

The mobile version is very similar.



## Replying to a Topic

When you open a Topic you will be taken to the place you last read that topic. Unread posts are marked by an orange dot. You can reply on any page but it is best to read to the end before replying.

The screenshot shows a forum thread titled "Gold star moments" from the "Around the Dinner Table" online forum. The thread contains two posts. The first post is by user "tina72" (Caregiver) and is marked as read. The second post is by user "krae" (Caregiver) and is marked as unread, indicated by an orange dot next to the user's name. A callout box labeled "Orange dot" points to this orange dot. At the top right of the thread, there is a "Reply" button, which is circled in red. A callout box points to this button with the text "Either click reply or just start typing in the box". Below the posts is a text input area with a "Post" button, also circled in red. A callout box points to this button with the text "Type and edit your post then click Post to reply". At the bottom of the input area, there are "Like", "Share", and "Tweet" buttons.

Gold star moments  
Around the Dinner Table' Online Forum for Parents and Carers

tina72 Caregiver  
7 minutes ago  
No, I was posting in the late afternoon yesterday so no pyjamas this time but I will put on my pyjama the next time you post a gold star moment!!! For you extra!  
Keep feeding. There is light at the end of the tunnel.

krae Caregiver  
5 minutes ago  
Awww thanks Tina!

601 to 609 of 609

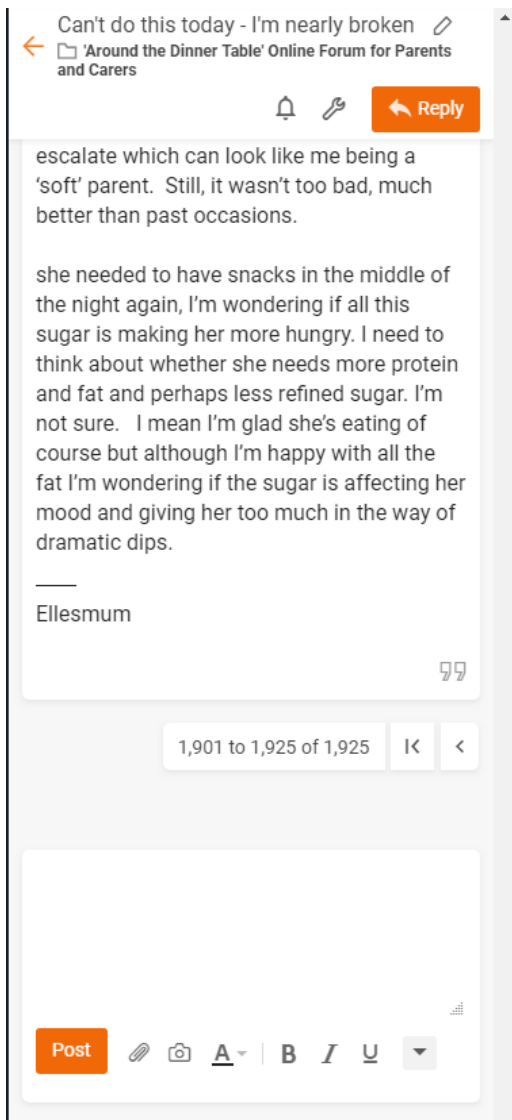
Post

Like | Share | Tweet

Orange dot

Either click reply or just start typing in the box

Type and edit your post then click Post to reply



The phone version is very similar. No Orange dot though.

Any time after you have posted, you can Edit or Delete your own posts by using the three dots to the right of your posts. If you Delete the first post of any Topic it deletes the whole Topic.

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 or Topic, there’s a good chance that it has drifted down the list. Try looking back through a few pages, or go to your profile and open it to see your posts. You can also subscribe to a topic (as mentioned before), or search for it under the topic 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 .




**scaredmom**  
Moderator

---

Posts: 1,840      Member Since: Apr 14, 2017

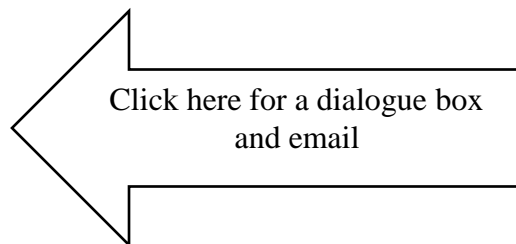
---

 [Email](#)

Name

I am a (type of caregiver)  
Parent/step-parent

Country  
Canada



**If you need assistance you can always contact the Lead moderator – via email at the top of every page, or any of the other Moderators by clicking on the link at the bottom of each forum where it says X moderators.**

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