

Parent Workshop

The Mind, The Body and You

15/12/2026 10:30am—12:30pm

You are invited to a [workshop](#) about [understanding eating disorders/ disordered eating in primary school-aged children](#). We will discuss [what to look out for](#) and [how to support your child at home](#). Including:

- An overview of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, ARFID, and Pica.
- Warning signs to look out for
- Supporting our children through role modelling and active listening
- Look at some practical strategies you can use which may include doing a self-care activity with your child and the importance of look after self and creating your own support network.

If you would like to join, please [ctrl + click the link or scan the QR Code](#)

[The Mind, The Body and You | Join meeting in Teams | Microsoft Teams](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email: kmmh.ewtandestenquiries@nhs.net

We look forward to meeting you

***Workshop
timings
change from
term to
term**



Emotional Wellbeing team Kent
Emotional Support team Medway