Eating Disorders in Children

Childhood Obesity

Are you upset because your child gaining too much weight? As a parent, this is a very difficult issue to tackle. If you have battled with your own weight, it may pain you to see your child gaining excess pounds. You may remember being teased in school and want to prevent this from happening to your child. BUT if you become too controlling or critical, your child may rebel and eat high calorie foods when you are not around. It is possible that an eating disorder can develop in the future. A child is considered obese when their weight is more than 20% higher average. Childhood obesity is a complicated disorder in its cause and effects.

If a child is obese in early childhood, and has obese parents, chances are the child may be obese throughout life. Children who are obese have a greater risk for medical problems as well as severe social and psychological problems.

Food Refusal in Young Children

Are you frustrated and worried because your toddler or preschool child refuses to eat?

Is your young child an erratic eater? Does he or she enjoy a certain food one day and refuse the same food the next? Do you feel like you are going crazy trying to find something he or she will eat? You may be astonished when the meal refused at home is eaten at someone else’s house. Well, you are not alone in your frustration. Food refusal can be a common problem for healthy active young children.

Usually these problems can be attributed to changes in appetite or likes and dislikes of certain tastes. At times children use food for control. Children from an early age can learn how to trigger their parent’s anxiety. There are strategies that can be helpful. If the problem persists however, you should seek help from your pediatrician because there can be medical issues involved, for these types of eating disorders.