

# CENTER ON FATHERING

## Fathering is For Life

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## Center on Fathering Monthly Newsletter---August 2021

### (Child) Eating Disorders by D'Arcy Lyness, PhD. Kids Health, January 2019



#### What Are Eating Disorders?

Eating disorders are problems with the way people eat. They can harm a person's health, emotions, and relationships. There are several types of eating disorders.

#### What Are the Different Types of Eating Disorders?

Common types of eating disorders are anorexia,

bulimia, binge eating, and avoidant/restrictive food intake disorder (ARFID).

#### Anorexia:

- People with anorexia: eat very little on purpose. This leads to a very low body weight.
- They have an intense fear of weight gain.
- They fear looking fat.
- They have a distorted body image.
- They see themselves as fat even when they are very thin.

- People with anorexia are very strict about what and how much they will eat.
- They may think about food or calories almost all the time.
- To lose weight, some people with anorexia fast or exercise too much. Others may use laxatives, diuretics (water pills), or enemas.

### **Bulimia:**

- Overeat and feel out of control to stop. This is called binge eating.
- Do things to make up for overeating. They may make themselves throw up on purpose after they overeat. This is called purging.
- To prevent weight gain they may use laxatives, diuretics, weight loss pills, fast, or exercise a lot.
- Judge themselves based on body shape and weight
- People with bulimia eat much more (during a set period of time) than most people would. If a person regularly binges and purges, it may be a sign of bulimia. Unlike people with anorexia who are very low weight, people with bulimia may be thin, average weight, or overweight. People with bulimia often hide their eating and purging from others.

### **Binge eating:**

- Overeat and feel out of control to stop. This is called binge eating.
- Eat large amounts even when they are not hungry
- May feel upset or guilty after binge eating
- Often gain weight, and may become very overweight
- Many people with binge eating disorder eat faster than normal.
- They may eat alone so others don't see how much they are eating. Unlike people with bulimia, those with binge eating disorder do not make themselves throw up, use laxatives, or exercise a lot to make up for binge eating.
- If a person binge eats at least once a week for 3 months, it may be a sign of binge eating disorder.

### **Avoidant/Restrictive Food Intake Disorder (ARFID):**

- Are not interested in food or avoid foods
- Lose weight, or don't gain expected amount of weight
- Are not afraid of gaining weight
- Don't have a poor body image
- People with ARFID don't eat because they are turned off by the smell, taste, texture, or color of food.
- They may be afraid that they will choke or vomit.
- They don't have anorexia, bulimia, or another medical problem that would explain their eating behaviors.

## How Do Eating Disorders Affect Health and Emotions?

Eating disorders can cause serious problems throughout the body.

Anorexia can lead to health problems caused by undernutrition and low body weight, such as:

- Low blood pressure
- Slow or irregular heartbeats
- Feeling tired, weak, dizzy, or faint
- Constipation and bloating
- Irregular periods
- Weak bones
- Delayed puberty and slow growth

People with anorexia may find it hard to focus and have trouble remembering things. Mood changes and emotional problems include:

- Feeling alone, sad, or depressed
- Anxiety and fears about gaining weight
- Thoughts of hurting themselves

Bulimia can lead to health problems caused by vomiting, laxatives, and diuretics, such as:

- Low blood pressure
- Irregular heartbeats
- Feeling tired, weak, dizzy, or faint
- Blood in vomit or stool (poop)
- Tooth erosion and cavities
- Swollen cheeks (salivary glands)

People with bulimia may have these emotional problems:

- Low self-esteem, anxiety, and depression
- Alcohol or drug problems
- Thoughts of hurting themselves

Binge eating can lead to weight-related health problems, such as:

- Diabetes
- High blood pressure
- High cholesterol and triglycerides
- Fatty liver
- Sleep apnea
- People with binge eating disorder may:

- Have low self-esteem, anxiety, or depression
- Feel alone, out of control, angry, or helpless
- Have trouble coping with strong emotions or stressful events

ARFID may lead to health problems that stem from poor nutrition, similar to anorexia. People with ARFID may:

- Not get enough vitamins, minerals, and protein
- Need tube feeding and nutrition supplements
- Grow poorly

People with ARFID are more likely to have:

- Anxiety or obsessive-compulsive disorder (OCD)
- Autism spectrum disorder or attention deficit disorder (ADHD)
- Problems at home and school because of eating behavior

### **What Causes Eating Disorders?**

There's no single cause for eating disorders. Genes, environment, and stressful events all play a role. Some things can increase a person's chance of having an eating disorder, such as:

- Poor body image
- Too much focus on weight or looks
- Dieting at a young age
- Playing sports that focus on weight (gymnastics, ballet, ice skating, and wrestling)
- Having a family member with an eating disorder
- Mental health problems such as anxiety, depression, or OCD

### **How Are Eating Disorders Diagnosed?**

Health care providers and mental health professionals diagnose eating disorders based on history, symptoms, thought patterns, eating behaviors, and an exam. The doctor will check weight and height and compare these to previous measurements on growth charts. The doctor may order tests to see if there is another reason for the eating problems and to check for problems caused by the eating disorder.

Families may notice early warning signs such as:

- Changes in diet, such as low-carb, low-fat, or vegetarian diets
- Frequent trips to the bathroom, especially during or after meals
- Eating alone
- Increased physical activity

If you are concerned your child may have an eating disorder, talk to your health care provider.

## How Are Eating Disorders Treated?

Eating disorders are best treated by a team that includes a doctor, dietitian, and therapist. Treatment includes nutrition counseling, medical care, and talk therapy (individual, group, and family therapy). The doctor might prescribe medicine to treat binge eating, anxiety, depression, or other mental health concerns. The details of the treatment depend on the type of eating disorder and how severe it is. Some people are hospitalized because of extreme weight loss and medical complications.

## What if My Child Has an Eating Disorder?

- If you think your child has an eating disorder:
- Get help early. When an eating disorder is caught early, a person has a better chance of recovery. Make an appointment with your child's doctor or an eating disorders specialist.
- Talk to your child about your concerns. Be calm, direct, and caring. Let them know you will help. Ask them to tell you what it's like for them.
- Go to all appointments. Treatment takes time and effort. Work with the care team to get the help your child needs. Ask questions any time you have them.
- Be patient and supportive. Learn what you can do to help your child. Try to keep your relationship with your child strong and positive. Make time to listen, talk, and do things that you both enjoy.



# MONTHLY ACTIVITIES (free)



**UpaDowna Little Hikers: Sensory Hike:** Free, Wednesday, August 11, 10:00 am-12:00 pm. Fox Run Regional Park, 2110 Stella Drive. Join us on this kid friendly hike at Fox Run Regional Park where Little Hikers will track what they see, hear, smell, and touch! Little Hikers will use the Pikes Peak Outdoors Sensory Adventure Sheet <https://pikespeakoutdoors.org/wp-content/uploads/2019/05/pikes-peak-outdoors-explore-family-guide-sensory.pdf> This is a 1.0

mile walk/hike. This is a SPUR event -Similar Paths United by Recreation. It is geared towards Little Hikers, which means it is for families with young children! Bring water, snacks, sturdy shoes, sunscreen/sun protection. You can register at: <https://www.eventbrite.com/e/upadowna-little-hikers-sensory-hike-tickets-163140201735?aff=ebdssbdestsearch>

**LIVE INDOOR: ULTIMATE WEREWOLF:** Free, Tuesday, August 10, 3:00-4:00 pm. Pikes Peak Library, Library 21c, 1175 Chapel Hills Dr. Werewolf or Villager - which will you be? Can you stop the other side before they take out your allies? Come play Ultimate Werewolf at the library and test your ability to detect who is your enemy and who is your ally! Note that this is an in-person, indoor program. For teens ages 12-18. Contact: Cathy Wood, Email: [cwood@ppld.org](mailto:cwood@ppld.org) Phone Number: (719) 531-6333 ext. 6117.



**Soccer Shots:** Free, trial class. Tuesday, August 24, 9:15 am. t John Venezia Community Park, 3555 Briarpark Parkway.



**Free Outdoor Movie Night: The Peanuts Movie:** Free, August 13, 8:00- 10:00 pm, Holy Apostles Catholic Church 4925 North Carefree Circle. Everyone is welcome! No cost and no obligation. Games and fellowship at 7 pm. Movie starts at dusk (weather permitting). Please bring a jacket and lawn chair or blanket.

PIKES PEAK UNITED WAY & COSILOVEYOU PRESENT

# BACKPACK BASH



2021



Come join us at your nearest Backpack Bash! Backpacks stuffed with school supplies will be handed out at each location via drive-thru or a walk up event.

## Attendance Details

- Each family is allowed to attend ONE Backpack Bash.
- Backpack distribution will happen via drive-thru or walk-up depending on location. Mask requirements will therefore vary by location as well.
- **Your child must be present to receive their FREE backpack.**
- Additional services will vary by location.



For more info, visit  
[backpackbash.com](https://backpackbash.com)

## Location Details

**July 31**

**9am-1pm**

**Southeast: Sierra High School**

2250 Jet Wing Dr

**East: Mountain Springs Church**

7345 Adventure Way

**Widefield: Pikes Peak Christian Church**

4955 Bradley Rd

**August 7**

**9am-1pm**

**Central: Doherty High School**

4515 Barnes Rd

**Monument: Tri-Lakes YMCA**

17250 Jackson Creek Pkwy

**West: Coronado High School**

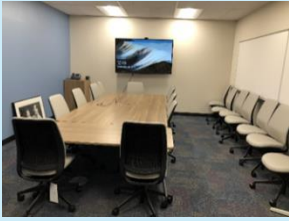
1590 W Fillmore St

**Downtown: Hillside Community Center**

925 S Institute St

# WHAT'S NEW?

## The Center is Back to Doing In-Person Classes



We are back to doing in-person classes at our new classroom located on the third floor of the Citizen's Service Center, 1675 Garden of the Gods. Class size is currently limited to nine dads. The room is great and has two smart TVs at either end of the room.

## Center on Fathering/Macaroni Kid City Art Scavenger Hunt

On July 24<sup>th</sup> the Center sponsored a City Art Scavenger Hunt for dads and their kids. Dads and their kids used a map with the location of the art objects and a checklist to mark off each one they found. The Center had a booth set up on the lawn of Centennial Hall to meet the participants before and after the hunt with water, snacks and prizes. Judging from the photos, everyone had a great time.



**JD & Abigail  
Howell**



**Dan, Caroline &  
Stella Harlin**



**JD Howell**



**John, Abigail & JD  
Howell**

## We Still Need Dads and Kids Who Want to Garden



We have some spare space at our 20' X 40' plot at the Bear Creek garden Association. Gardeners must sign a notarized release and pay \$5 for an entry key and badge. Get outside, enjoy growing vegetables with your kids and meet some great people. We are holding weekly meetings on Tuesday at 4:00 pm. Gary at (719) 649-5825 if interested.



# DAD'S TIPS

## Helping Your Child Build a Healthy Body Image by Health Wise Staff, Michigan Medicine, University of Michigan, August 31, 2020



Children of all ages are exposed to ideas about thinness by parents, peers, and other sources. Starting in grade school, children may become more aware of body image as they compare themselves to others. Adolescents often become extremely concerned about their bodies and their weight. This is understandable since dramatic physical changes are occurring. Unrealistic media images of the ideal body also add to their concerns. There are many ways adults can help children and teens develop a healthy view of themselves and reduce their risk for an eating disorder:

- Compliment children about the things they do, not always on how they look. When commenting on how children look, focus on their eyes, hair, or smile, not on their height, weight, body size, or body shape. Talk in terms of your child's health, personality, achievements in school, activity level, and other healthy lifestyle choices.
- Avoid making comments that link being thin to being popular or healthy.
- Teach children to take good care of their bodies.
- Take some time to look at your own beliefs and attitudes about dieting and weight. Are you always on a diet? Do you get upset or anxious if you miss a workout? Remember that you are a powerful role model for your child.
- Try not to say negative things about your own body or compare your body to other people's bodies.
- Avoid criticizing other people, including family members, for the way they look, especially in front of children and teens.
- Avoid pushing children and teens to excel beyond their abilities in school, sports, or other activities.
- Give children and teens some freedom to make choices that are appropriate for their age and maturity.
- Hold children and teens accountable and responsible for their actions.
- Talk with children and teens each day to find out what is happening at school and with their friends. Listen to their concerns.
- Give children and teens support. Help them solve their own problems in ways that they think will work. Avoid giving too much advice or trying to solve their problems for them. Be prepared to help them if their solutions do not work.
- Talk with children and teens about their heroes and favorite adults in their lives. Encourage them to have many different kinds of heroes.
- Praise children and teens for the things that make them different from other people