

## **Oley Webinar Coping with the Holidays...and All That Eating! Q&A not covered on the video**

### **1. How can I support my son during the holidays?**

**Emma:** Because I don't know the age of your son, this may be different depending on age (child vs. adult). Here are my dos and don'ts!

#### **DO**

- Tell your son you care about his feeling and the stress that holiday eating may have on him.
- Ask him how you can help and take your cues from him.
- Plan family traditions that do not involve food.
- If a child, give him an activity to do at the table while other are eating if he is not eating.
- Allow occasional cheating from a diet if it is not going to cause major harm.
- Be his advocate and run interference if other family members are asking too many questions, pushing food on him, or causing stress
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#### **Don't**

- Don't change your holiday tradition.
- Never dwell on what he is or is not eating
- Don't judge if he eats something that makes him sick.
- Don't blame him for his illness and that impacting your holiday plans.

## 2. Has Dr. Tillman ever been a part of OA (Overeaters Anonymous) for support with social eating?

**Emma:** This is not something that I have used, but the principle of this seems like it may be a good idea. Having a support system of others with similar issues is never a bad thing!

## 3. How can I make other people feel less uncomfortable that I am not eating?

**Emma:** Be honest! Tell people exactly how you feel. I typically say things like, "I would love to have lunch with you, but I will likely only have a drink." Sometimes for a party, I will write in an RSVP, 1 guest (no meal, I will not be eating). This gives the host a heads-up before the party. If in a business situation, I don't always want everyone to know my situation, so I often say I am full or had a big breakfast. It is easier to avoid a lot of questions or making people feel uncomfortable. If you let people know that you are comfortable with the situation, it will likely ease their discomfort.