



Eating disorders in the Perinatal Period

- Are you pregnant, or have you recently had a baby?
- Are you concerned about your relationship with food, weight, exercise or your body?
- Is your relationship with food or exercise having a negative impact on your mental or physical wellbeing?
- Are you anxious about how your baby might be impacted by your eating or exercise behaviours?



You are not alone

Nearly 13% of women screen positive for disordered eating behaviours during pregnancy or the postnatal period.



Don't suffer in silence – support is available.

Wednesday's Child is a UK-wide not-for-profit eating disorder support organisation. We offer support to anybody impacted by an eating disorder, and have specialist services available for those struggling with an eating disorder during the perinatal period, including:

- **Free 1:1 befriending support** from volunteers with lived experience of navigating pregnancy or motherhood with an eating disorder
- **E-learning modules** for new or expectant mums
- **1:1 and family therapy** delivered by highly-experienced counsellors and psychologists specialising in eating disorders
- **Dietetic support**

Get in touch to find out more about how we can support you and your family.



"I felt so ashamed about my thoughts and behaviours when I was pregnant. I thought I was the worst mum in the world for struggling to eat properly for my baby. I felt so guilty and alone, and just wanted to get better so I could concentrate on looking after my baby. But I found it so hard to tell my partner or midwife; I was terrified they would be angry with me or think I was unfit to be a mother.

Reaching out to Wednesday's Child made such a huge difference. They connected me with a befriender who had had an eating disorder when she was pregnant and gone on to recover, and it was incredible to be able to share my thoughts and fears with someone who truly "got" it.

With her support, I gained the confidence to start opening up to my healthcare professionals and asking for help." – Kat S