



My Child Won't Eat!

Workshops for Parents and Carers in Despair - Spring 2024

Online (zoom) interactive training on March 4th (under 5s)

March 7th (5-10s) and March 18th (11+)

9.30am – 12.30pm

*Are you struggling to feed your baby, child or adolescent?

*Do you dread mealtimes?

*Does your child eat very few foods?

*Is your child stuck on milk or tube feeds?

*Are you worried about your child's height and weight?

Come and join our training and explore the reasons why your child is difficult to feed or dislikes eating. Your tutors are Dr Gillian Harris and Sarah Mason who have over 50 years combined experience of working in the field of childhood feeding and eating disorders. Dr Harris has a national and an international reputation for her clinical and research work. Sarah Mason was a lead specialist in dysphagia (swallowing problems) at Birmingham Children's Hospital for twenty years. **There are 5 places available* (see details below).**



To book your place, please email
sarah.mason@foodrefusal.co.uk



Fee: £160 per person (or two adults from one family) for three hours training online.

You will receive online copies of our presentations at the end of the day.

My Child Won't Eat! A Workshop for Parents and Carers in Despair

Course Details

This course is aimed at parents and carers of children of all ages, including older children and adolescents, who are difficult to feed. We match families with children who are of a similar age or are facing similar difficulties. Before the course we will ask you for information about your child. This will enable us to make the training as personal and relevant as possible to the group members.

The children may refuse foods in an extreme way or may seem uninterested in food and lacking appetite. The range of food that they accept may be very restricted and there may be concerns about health and well-being. The child may dislike social situations involving food or be uncomfortable with certain smells, textures or look of foods.

Often parents have searched extremely hard to find the best way to feed their child and have been told 'he'll grow out of it' 'she won't starve' or 'he's growing ok'. We hope this day will give you the opportunity to really explore what is behind your child's rejection of foods.

The workshop will cover the following:

- How children learn to eat – the key milestones in learning feeding skills and developing food likes and dislikes
- The sensory aspects of eating – the taste, texture, smell and look of food – and the oral-motor skills required to eat different food textures and consistencies.
- Why some children have difficulties with eating – this may be related to a combination of genetic, medical factors and learning experiences. We will explore Avoidant and Restrictive Food Intake Disorder (ARFID) which is commonly associated with children on the autistic spectrum.
- Ways of making mealtimes less stressful – using research and clinical best practice to guide you to appropriate strategies to help your child. This may include signposting you to appropriate professional support.

There will be lots of opportunities to raise questions and share experiences with the other parents and carers.

We allocate places on a first come first served.

*The five places are for five families – two parents or carers of a child can attend for the same cost if they are on the same computer.

You are welcome to email us - sarah.mason@foodrefusal.co.uk - if you have any questions about the workshop or to register your interest.