

Birmingham Food Refusal Services



Why do children refuse foods? Understanding avoidant and restrictive eating – a course for professionals

February 26th 2024

9.30am – 12.30pm Online using zoom

We have devised a new model for our training which we have used successfully with our parent groups. Instead of a longer day with more participants, we are doing a shorter training (3 hours) for up to a maximum of six professionals. Prior to the day, we will send out a form for participants to complete to give us information about their professional background and experience, the setting they work in and the feeding issues that concern them. This will enable us to tailor the workshop to their needs. The aim is to make the workshop as interactive as possible. Course material will be available after the workshop.

Course content will include the following topics:

- How children develop their feeding skills and food preferences
- When and how things can go wrong, including sensory sensitivity and the onset of food neophobia
- Avoidant and Restrictive Food Intake Disorder (ARFID)
- General strategies for managing mealtimes
- Managing parental and child anxiety
- Specific interventions to widen food choices
- Appetite regulation and managing growth
- Problem solving and case study examples

Outcomes for participants:

1. Participants will understand why children refuse foods and what the consequences of this may be.
2. They will be able to distinguish between normal fussy eating, severe sensory food refusal and ARFID.
3. They will understand the diagnostic criteria for ARFID and be able to identify children who meet the criteria

4. They will understand how ARFID presents at different stages of a child's life and know what priorities and interventions there are to help the child.
5. This knowledge will enable participants to give appropriate support to parents.
6. They will have a good understanding of the roles of different professionals working with severe food refusal/ARFID.
7. They will be able to contribute to the development of care pathways for children with ARFID.

The cost for the workshop is £180. This includes:

- Tutoring by Dr Gillian Harris and Sarah Mason
- Pre-reading of participants' information forms
- Course material (supplied after the workshop)

If you are interested in attending, please email sarah.mason@foodrefusal.co.uk