

Workshops for Parents

Who are our workshops for?

The workshops are designed to help parents who have children who refuse foods to the extent that it is an ongoing worry and stress for the family. Other carers or family members are also welcome to attend.

The children may be of any age from babies to older children or adolescents. The food refusal may be the result of medical conditions and associated treatment, including tube feeding. Other children show refusal behaviour because of the sensory characteristics of foods. This occurs with the eating disorder Avoidant and Restrictive Food Intake Disorder (ARFID) where children only eat a very small range of foods and are so disgusted by other foods that they will avoid them at all costs.

The workshops may be helpful for parents who have not been able to access help locally and/or who feel that they want to learn about the reasons for food refusal and want to know how to help their child.

It is not for people who have eating disorders themselves nor is it for parents of older children with a diagnosis of Anorexia Nervosa or Bulimia.

We are unable to accommodate parents' children during the workshop.

What will I learn?

We believe that you cannot start to help a child until you really understand the reasons why a child might refuse food. Therefore, we start by explaining how children learn to eat and what may interfere with this process. We look at the importance of the senses in learning about foods and how sensory sensitivity can lead to disgust and fear of foods. We move on to look at what interventions might work at different stages of development. We help you to develop a plan for your own child.

What teaching methods are used?

We use formal lectures, practical workshops and case discussions, focussing on the children of participants. There will be a maximum of 10 parents on this

workshop with two tutors so that there is plenty of opportunity to ask questions or share ideas.

Will I be able to discuss my child's eating?

During the day you can ask questions about how information might relate to your child and you can share helpful ideas from your own experience. In the final part of the day, you will be able to discuss your child with a small group of parents and a tutor and plan how to move forward. Before the workshop, we will ask you for information about your child to help us prepare the day to meet your needs as much as possible. We will ask you if you are happy to share this information with us and/or other parents. This is entirely up to you and all information is shared in confidence

Will I have time to talk to other parents during the day?

We consider that meeting other parents and sharing experiences is an important part of our workshops. There is time to talk to parents to each other in the breaks as well as during the teaching sessions. We encourage parents to share ideas.

Will I be able to talk to a tutor privately?

We cannot give you a private consultation, but you may be able to talk to us individually outside of the teaching sessions. However, we have to share our time between everyone attending the workshop.

Can we give a diagnosis?

We are unable to give your child any kind of diagnosis because this cannot be done without seeing a child. However, we discuss the criteria for ARFID and can guide you on how to get a diagnosis if we think this appropriate.

How do I know if what you say is correct?

All the information we present can be backed up by clinical research and best practice. You can read our biographies on our website.

We will only give advice that we are confident will be helpful to you. We will never step out of our professional boundaries or advise you beyond the amount of knowledge we have of your child. If we are concerned about

something that we cannot help you with, or if we feel your child needs further assessment, we will signpost you to the appropriate professional in your locality.

Do I need to bring anything?

Just you and a pen. We provide handouts and materials for practical activities.

Hot and cold drinks are available throughout the day and you will be provided with a buffet lunch. All dietary requirements can be met.

How do I book?

The registration and payment form contains all the information you need. Please read the terms and conditions before you pay.

What about any other questions?

Please contact us if you have any other questions

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