



## **My Child Won't Eat! A Day for Parents and Carers in Despair**

Friday 30<sup>th</sup> November 2018 at **Staff House University of Birmingham**

\*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 workshop 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.



**Special Rate if you book by 25<sup>th</sup> October 2018: £150 per person or £250 for two people from the same family**

To register for this day go to our website [www.foodrefusal.co.uk](http://www.foodrefusal.co.uk)

Our workshop will give opportunities to learn about your own child as well as share experiences with other parents. You will go home with a workbook and practical steps to make mealtimes more successful.

Our venue is one of the conference facilities at the University of Birmingham, situated near the train station and in the middle of the university campus. Enjoy a buffet lunch, coffee in the morning, tea and biscuits in the afternoon.

**Date:** November 30<sup>th</sup> 2018 10am-4pm

**Fee:** £175 (This includes lunch, all snacks and a workbook). Full payment is required to secure your place.



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## **Course Details**

This workshop is aimed at parents and carers of children of all ages, including older children and adolescents, who are difficult to feed. 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 other parents and carers.

You are welcome to email us - [sarah.mason@foodrefusal.co.uk](mailto:sarah.mason@foodrefusal.co.uk) - if you have any questions about the workshop.