

Questions and answers about our services

Which package would suit me best?

The most expensive package is the diagnostic consultation with Dr Gillian Harris. This is because it involves detailed consideration of whether your child meets the criteria for Avoidant and Restrictive Food Intake Disorder. Dr Harris is a clinical psychologist, one of the professions that can make an official diagnosis. This can be very helpful if you think that your child's difficulties are not being recognised and/or that appropriate support is being provided. You will receive a short report and a letter for the child's educational setting that details the support the child needs.

If you already have a diagnosis and/or the support you need at school, you may still think that you need guidance with regard to helping move your child forward or making mealtimes less stressful. In this case, the cheaper consultation is more suitable.

The online course for parents is another option, particularly if you want to understand why your child is difficult to feed and want to talk to other parents in a similar situation to you. You also can talk to two different professionals, Dr Gillian Harris, a clinical psychologist, and Sarah Mason, a speech and language therapist. At the end of the course, you will have a plan for how to move forward with your child.

What technology do I need?

You need a smart phone, iPad or computer with zoom downloaded onto it. This is a free app that is easy to find. The week of your appointment or course, you will receive a zoom invitation.

What happens in a consultation?

If you are having a diagnostic consultation, Dr Harris will ask you to record a three-day food diary beforehand. She will also send you a form to fill in with details of the child's medical and feeding history. She will need to see your child for some of the assessment.

With the other consultation, it is not necessary to have the child present although is useful in some circumstances. Again, you will be asked to send details of your child's medical and feeding history beforehand. This information allows us to spend the consultation talking about what we think is happening and what to do, rather than asking lots of questions about the history.

We have a range of handouts that we provide to help you follow the advice that we give you.