



Supporting Children who are picky eaters or avoidant/restrictive

How do I know who is picky and who is restrictive?

What is ARFID?

How can I help?

How is a diagnosis of ARFID made and what are the challenges?

Which children will benefit from sensory food play?

Which children are most at risk of delayed chewing skills?



This online training session discusses the difference between picky eating and avoidant/restrictive eating, how to identify children with these difficulties and provides ideas of strategies that will help.

This ***FREE*** training session is suitable for parents and professionals across **York, Selby, Scarborough, Whitby and Ryedale.**

Date and time: **Wednesday 13th March 2024 * 3.15pm - 4.45pm**

For more information or to book a place please email us at yhs-tr.childrenstherapytraining@nhs.net

Bookings will close one week before the above date