**Information for Parents/Carers of a child with selective eating**

**Who can help?**

Many services can support you and your child.

**Preschool:**

**Health Visitors** can offer support with eating issues.

**Parenting Courses** are very useful as eating can often be improved through positive behavioural approaches taught on these courses. Follow the link to the Cornwall Council directory which has a list of courses available and contact numbers of people who can help:

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/integratedworking.page?integratedworkingchannel=1>

**School age:**

**School nurses** andyour child’s **SENCo** can offer support with eating issues.

**Autism Champion** in school

**Useful Apps**

**LearnPlayEat**

Using play based activities at home, guided by the mobile app, you can help your child make friends with food to overcome food phobias and selective eating. <https://learnplayeat.com/>

**Dr Panda Restaurant 3**

Interactive and fun food themed app for preschool children. Animated customers seat themselves at the counter, and users help them choose a dish from the menu, then head to the kitchen to fry, chop, shake, sizzle, and prepare the requested dish.

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**Useful websites:**

The following local and national websites are excellent sources of information.

**Cornwall Council** – Autism and Wellbeing Wheel which holds lots of advice around selective eating:

[https://www.supportincornwall.org.uk/kb5/cornwall/directory/autismwheel.page#](https://www.supportincornwall.org.uk/kb5/cornwall/directory/autismwheel.page)

**NHS** - fussy eater guidance:

<https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/>

**ARFID Awareness UK** -– Eating tips and advice on this website for children with a diagnosis or features of Avoidance Restrictive Food Intake Disorder:

<https://www.arfidawarenessuk.org/>

**Birmingham Food Refusal Service** - leaflet you may find useful if you have a child with sensory sensitivity:

<http://www.foodrefusal.co.uk/uploads/8/9/5/3/8953410/home_sensory_sensitivity_activities.pdf>

**Web based Dietitians** advice for fussy eating:

<https://patientwebinars.co.uk/children/children-webinars/fussy-eating/>

**Facebook** sites for helpful, practical advice around picky eaters getting the nutrition they need by getting them involved:

<https://www.facebook.com/FeedingBytes/>

https://en-gb.facebook.com/helpmychildwonteat/

**Professional guidance** for parents covering a range of feeding difficulties:

[https://www.yourfeedingteam.com](\\\\ict.cornwall.nhs.uk\\go\\RCH\\Shared\\TR11\\Children's Community Therapy Service\\DIETETICS\\CCTS Dietitians service strategy and review\\STEP strategy business plans\\www.yourfeedingteam.com)

<https://www.childfeedingguide.co.uk/parents/>