

# Working with children with eating and drinking difficulties

## *Supporting children who are picky eaters or avoidant/restrictive feeders*

### Overview and aims:

This training session will include:

- Learning about the difference between fussy or picky eaters and an aversive/restrictive food intake disorder
- Awareness of potential difficulties in making a diagnosis
- Learning about typical behaviours of children who are picky eaters and those who are restrictive eaters
- Learning some strategies that can be helpful for all these children
- Awareness of food texture and which children may be at risk of delayed chewing skills
- Learning about desensitisation and sensory food play and which children might benefit from this

"Well planned and organised." "Very good, ideas shared, lots of knowledge from the presenters." "The thing I liked best was the clarity of information, drawing on the presenters experience and expertise."

### Target audience

Staff working in mainstream nurseries and schools and special schools who are supporting children who are fussy or picky eaters and would like to learn more about setting small steps to encourage intake of a wider range of foods.

**Trainer** - Pippa Hutton and Katie Pargeter, Speech and Language Therapists

**Date** - Thursday 8th February 2018, 3.30pm - 5.15pm.

**Venue** - the playroom, child development centre, York Hospital

**Cost** - £36 per participant.

For more  
information or to book a  
place please email Gill Clarke at  
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