

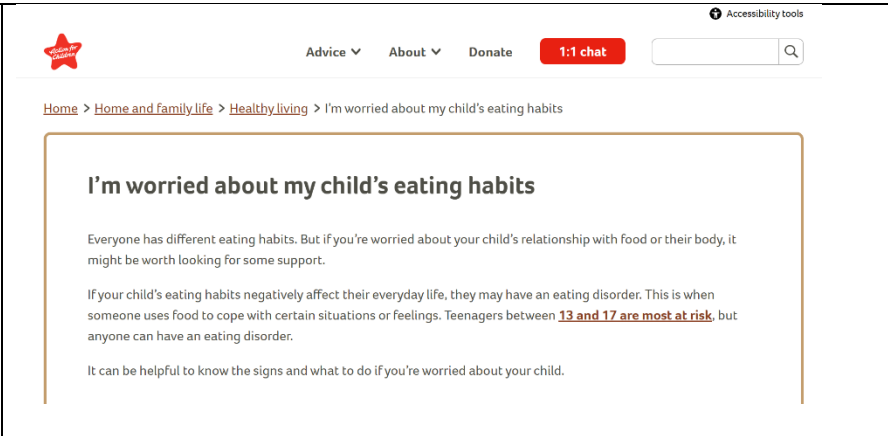
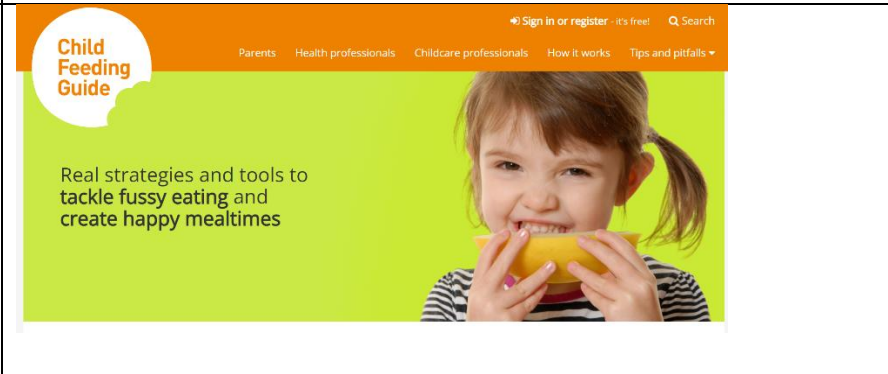
Complex Eating Behaviour in Children – A Resource Bank for Families and Professionals

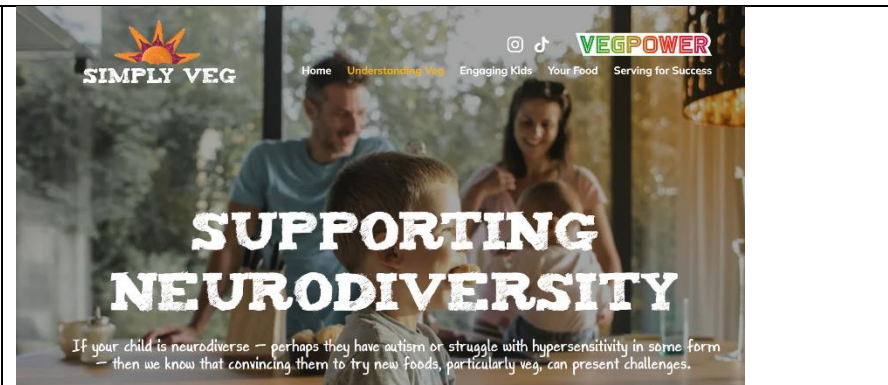
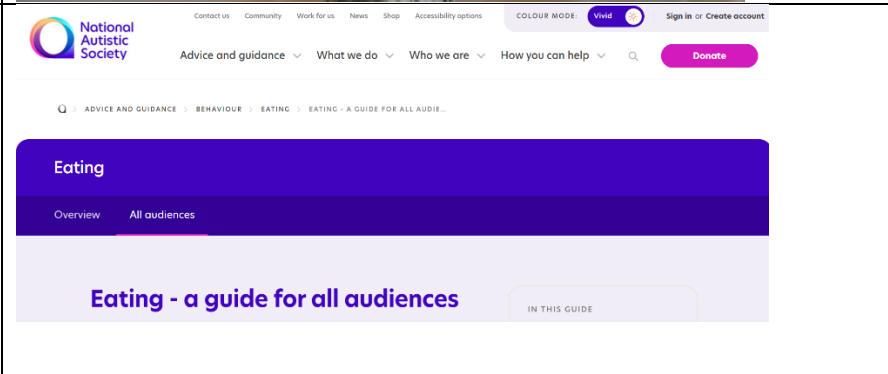
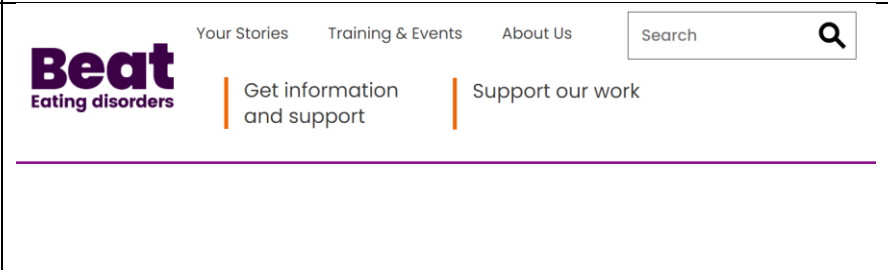
Providing healthy meals for your family can seem like an impossible task at times. There are several challenges that a family may face daily; cost of food, finding time to eat together, meeting the needs/requirements of different members of the household, as well as trying to ensure a healthy diet for all members of your family.

In addition to the ongoing challenges faced by families on a regular basis to provide healthy, affordable meals, if there is a child/young person with a complex eating behaviour in a family this can add additional requirements that need to be considered. Eating behaviours in children can be complex and there can be several reasons for the behaviour.

The following resources/links have been put into one document to provide support and information to professionals and families around helping children and young people with complex eating behaviours. **If you are concerned about a child's weight or any medical condition effecting their eating, please contact your GP.**

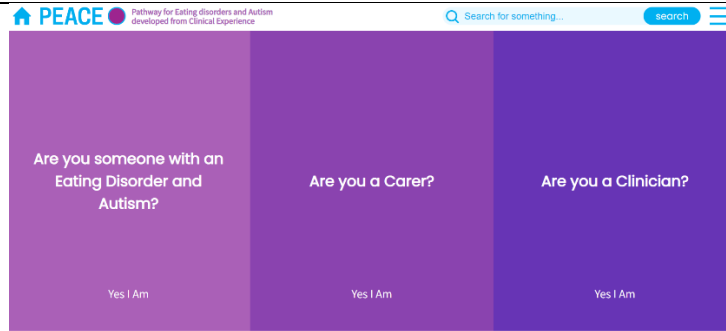
Title/overview	Image of the resource/document/website	What is this resource/information
<p>Harrogate and district NHS Foundation Trust</p> <p>Advice for Anxious and Hesitant Eaters and Children with Limited Diets leaflet</p> <p>Advice-for-hesitant-anxious-and-limited-eaters.pdf</p>	 <p>Harrogate and District NHS Foundation Trust</p> <p>teamHDFT At our best</p> <p>Advice for Anxious and Hesitant Eaters and Children with Limited Diets</p> <p>There are a number of reasons why children can be anxious or hesitant around eating or drinking:</p> <ul style="list-style-type: none"> Sensitivities to taste, smell, texture, look or temperature of food Low interest in eating Not recognising when they are hungry the same as others do Neophobia: A fear of new foods (a typical developmental stage) 	<p>Printable resource for professionals and families with children who may be anxious, hesitant eaters or have a limited diet.</p>

<p>Action for Children website (I'm worried about my child's eating habits)</p> <p>https://parents.actionforchildren.org.uk/home-family-life/healthy-living/child-eating-habits-disorder/</p>	 <p>The screenshot shows the top navigation bar with 'Advice', 'About', 'Donate', and a '1:1 chat' button. The breadcrumb trail reads: Home > Home and family life > Healthy living > I'm worried about my child's eating habits. The main heading is 'I'm worried about my child's eating habits'. The text below states: 'Everyone has different eating habits. But if you're worried about your child's relationship with food or their body, it might be worth looking for some support.' It further explains that if eating habits negatively affect everyday life, it may be an eating disorder, with a note that teenagers between 13 and 17 are most at risk. It concludes by saying it can be helpful to know the signs and what to do if you're worried about your child.</p>	<p>Online resource for parents who are worried about their child's eating habits.</p>
<p>Child feeding guide</p> <p>https://www.childfeedingguide.co.uk/</p>	 <p>The screenshot shows the 'Child Feeding Guide' website header with navigation links for 'Parents', 'Health professionals', 'Childcare professionals', 'How it works', and 'Tips and pitfalls'. The main banner features a young girl eating a slice of orange and the text: 'Real strategies and tools to tackle fussy eating and create happy mealtimes'.</p>	<p>Free online guide with resources for families to support with eating. Parents can complete an online tool which helps to monitor eating behaviours. The website provides tools and strategies to support with healthy eating habits in children.</p>

<p>Simply Veg Website (supporting neurodiversity)</p> <p>https://simplyveg.org.uk/supporting-neurodiversity/</p>	 <p>The banner features a family of four (a man, a woman, and two children) in a kitchen setting. The text 'SIMPLY VEG' is at the top left, and 'VEGPOWER' is at the top right. The main headline reads 'SUPPORTING NEURODIVERSITY'. Below the headline, it says: 'If your child is neurodiverse – perhaps they have autism or struggle with hypersensitivity in some form – then we know that convincing them to try new foods, particularly veg, can present challenges.'</p>	<p>Online information for families with useful tips and resources to support with including more vegetables in diets of children with neurodiversity.</p>
<p>National Autistic Society – guide on eating</p> <p>https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences</p>	 <p>The screenshot shows the National Autistic Society website. The main heading is 'Eating' with a sub-heading 'Eating - a guide for all audiences'. There are navigation tabs for 'Overview' and 'All audiences'. A 'Donate' button is visible in the top right.</p>	<p>Online information for a range of eating behaviours in children.</p>
<p>Beat eating disorders website</p> <p>https://www.beateatingdisorders.org.uk/</p>	 <p>The screenshot shows the Beat Eating Disorders website header. It includes the logo 'Beat Eating disorders', navigation links for 'Your Stories', 'Training & Events', and 'About Us', and a search bar. Below the navigation, there are two columns: 'Get information and support' and 'Support our work'.</p>	<p>Website containing a range of information/resources about eating disorders.</p>

PEACE – Pathway for Eating disorders and Autism developed from Clinical Experience

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



PEACE is a pathway for eating disorders and autism developed from clinical experience. This pathway will support autistic people suffering with an eating disorder, their loved ones, and their clinicians.