

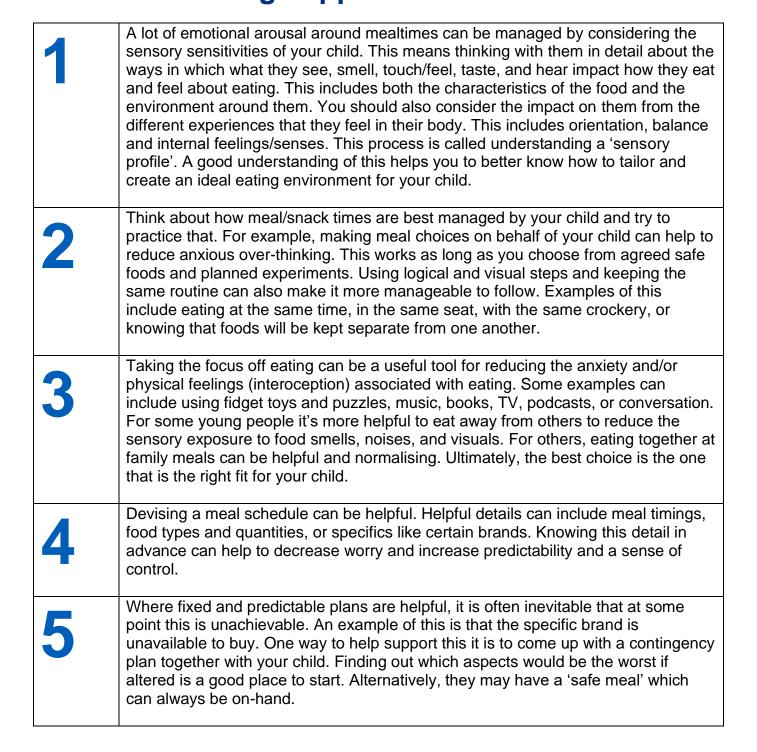


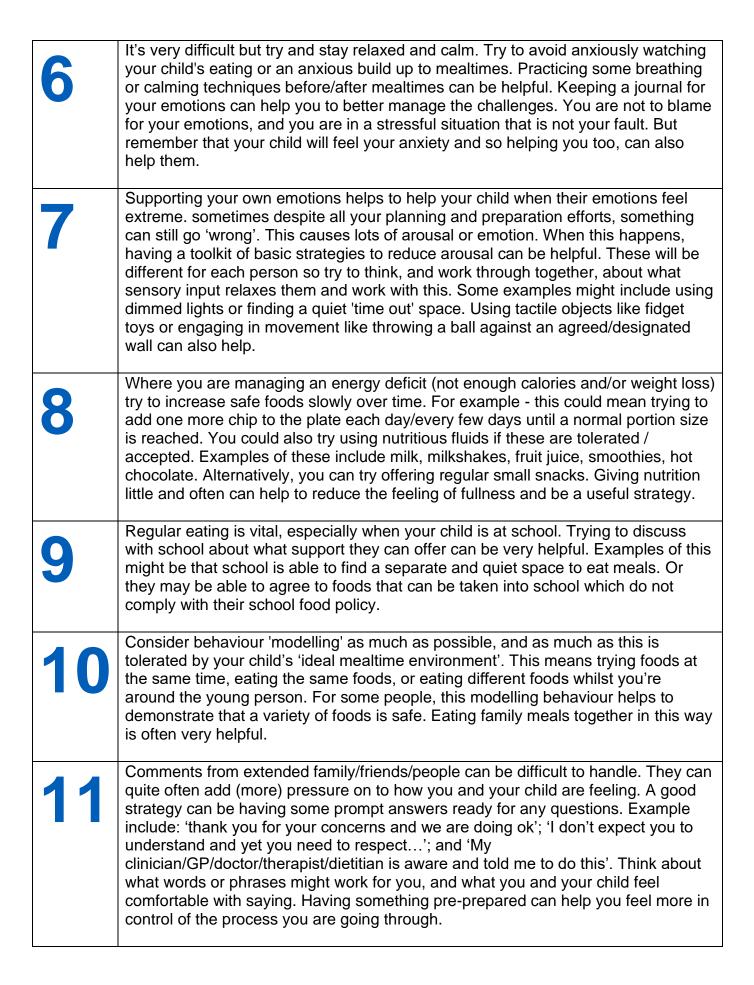


Mental Health, Learning Disability and Autism Partnership

Avoidant Restrictive Food Intake Disorder (ARFID) Simple Suggestions Series –

Creating supportive mealtimes





12

Socialising whilst trying to complete a meal can feel like the worst possible combination to some. Others might find this a welcome distraction. You need to decide with your child about how best you can approach the social and/or cultural aspect of eating. Think with them about how these occasions can be adjusted to their needs. This will maximise their chances of success and reduce their feelings of anxiety and overwhelm. In some cases, the management of social and socio-cultural eating might mean that they do not partake at all – and this is ok. It is important to remember that for a parent/carer without ARFID this may feel like a restriction or 'missing out'. But for a child with ARFID, this may instead feel like a 'welcome break', leaving them feeling heard and supported in their preferences.

Within <u>PEACEpathway.org.uk</u> you will find further information and practical tools on the topics outlined above.