



Understanding Avoidant and Restrictive Food Intake Disorder (ARFID)

This course is aimed at practitioners working with children of all ages, including older children and adolescents, who have a very restricted diet.

Children may refuse foods in an extreme way or may seem uninterested in food and lacking appetite. The range of food that they accept may be very restricted and there may be concerns about health and well-being. The child may dislike social situations involving food or be uncomfortable with certain smells, textures or look of foods.

The training package is delivered FREE over one day, delivered remotely for CAMHS and VCFSE EHWP practitioners, and contributes towards CPD with a certificate of attendance on completion of the day. We are able to arrange a dedicated training day for your team, please email office@springnorth.org.uk for further details.

WHAT WILL BE COVERED DURING THE SESSION?

Understanding the developmental stages of food acceptance

The formal diagnosis of (ARFID) and the clinical presentation

The importance of appetite regulation and understanding height and weight assessment

If you would like to book a place on the next session 23rd January 2023 visit our booking portal to reserve your place.

www.springnorth.org.uk/ARFID

Birmingham
Food Refusal Services



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WHO WILL BE DELIVERING THE TRAINING?

Your tutors are Dr Gillian Harris and Sarah Mason who have over 50 years combined experience of working in the field of childhood feeding and eating disorders. Dr Harris has a national and an international reputation for her clinical and research work. Sarah Mason was a lead specialist in dysphagia (swallowing problems) at Birmingham Children's Hospital for twenty years and it was there that she started working with Dr Harris.

For the last ten years, they have been working together at Birmingham Food Refusal Services. They offer training and consultancy services in the field of childhood feeding difficulties, with special emphasis on Avoidant and Restrictive Food Intake Disorder (ARFID).

Brief outline of the learning topics, session discussions and practical activities

10.00 – 12.00 (with Dr Gillian Harris)

- Understanding the developmental stages of food acceptance
- The formal diagnosis of (ARFID) and the clinical presentation
- The importance of appetite regulation and understanding height and weight assessment.

12.00 – 12.45 (lunch break)

12.45 – 14.45 (with Sarah Mason)

Please bring a food item from your store cupboard to the afternoon session. We will be exploring the sensory and oral-motor aspects of eating different foods.

- The sensory aspects of food acceptance
- Oral-motor skills and texture management
- Management strategies and specific interventions

14.45 – 15.45 (with Dr Harris and Sarah Mason)

The final session can be used for case studies and/or questions and answers. Participants are welcome to submit case studies or questions beforehand – Please email them to (sarah.mason@foodrefusal.co.uk)

To book visit: www.springnorth.org.uk/ARFID



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