

28th January 2022

Dear parents / carers,

NEW EVENT – Managing complex feeding behaviours in ASD

We are excited to announce in 2022 we will be running a series of virtual parent ‘coffee mornings’ for our Ambitious families to provide practical advice and support covering a range of topics.

We are inviting you to our first parent coffee morning where we will be hosting a speaker from the Evelina Complex Feeding team.

- Does your son or daughter find eating and mealtimes difficult?
- Are there certain foods or drinks that they refuse to eat or drink?
- Are they limited to specific food colour, taste or texture?
- Do they seem frightened of new foods?

The session will cover:

- Understanding why restrictive eating develops in children and young people.
- Strategies to decrease aversion to foods, expand range of foods.
- Strategies to manage fluid intake.
- How to manage stressful mealtimes.

The 2-hour session will be run via TEAMS on **Thursday 24th March, 2022 10am-12.**

To book your place please email: family@ambitiousaboutautism.org.uk by **March 23rd 2022.**

Please also include any specific questions or concerns you have around restricted eating so we can try and address these during the session.

We will be seeking your feedback in the coming weeks to establish what topics you would be interested to hear more about.



Caroline Lavin
Lead Occupational Therapist