

Eating difficulties resources

- [Understanding children's eating and supporting change | NELFT NHS Foundation Trust](#)
- [Food Sensitivities and Proclivities - Episode 6 'Autism, a parents guide' with Dr. Vicki Ford – ACAMH](#)
- [Fussy eaters - NHS \(www.nhs.uk\)](#)
- [SENSORY PLAY TOOLKIT - Home](#)
- The Pines Highland Neurodevelopmental Service food and health webpage <https://www.thepineshighland.com/foodandhealth>
- Our mental health workshop on eating difficulties [Supporting Children/Adolescents with Eating Difficulties](#)
- For concerns about your child's weight or nutrition, contact their GP who may refer to specialist professionals.

Book list

Food Refusal and Avoidant Eating in Children: a practical guide for parents and professionals. Gillian Harris & Elizabeth Shea

How to Support Your Autistic Child with Food, Eating and Mealtimes: A practical guide for parents, carers and other supporting adults. Pooky Knightsmith

Happy Families. Dr Beth Mosley MBE*

**Disclosure: book royalties (Happy Families; Pan Macmillan) to Dr Beth Mosley*

General Suffolk advice and support

- **Suffolk Healthy Living Service** [Healthy living service - Suffolk County Council](#) The service offers support to children, young people, and their parents to help remove the barriers to achieving a healthy weight and ways to overcome those challenges. The Healthy Living Service includes one-to-one family work, group work, workshops and health promotions, the service can also help find the right support for you in your community and digital support and resources.
- **Suffolk Support and self-help guide:** Information about local services (you will receive a PDF copy of this within the following up email). This booklet can be accessed via the following link:
<https://www.nsft.nhs.uk/download.cfm?doc=docm93jjm4n2404>
 - Within this booklet, further information about SENDIASS (Special Education Needs and Disabilities Information, Advice and Support Service) is included
 - Further information regarding breathing and grounding techniques discussed in the workshop are also included

Childhood Eating difficulties

- **The Source:** Information and advice for young people in Suffolk. Visit: www.thesource.me.uk
- Supporting your neurodivergent child document - [ECC Supporting Your Neurodivergent Child indesign V8](#)

Psychology in Schools Team parent/carers workshops

We run regular free online parent/carers workshops on childhood neurodiversity and mental health and wellbeing. These can be accessed live via booking on Eventbrite

www.nsft.uk/workshops or you can watch recorded workshops via YouTube at

<https://www.nsft.nhs.uk/parent-workshops>

Childhood Neurodiversity Series Suffolk Local Offer Page: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#)