

## WHAT IS NEWS?

### **CPD: Course & Webinars**

The Star University: Community Workshop March 2020 Title: Food for schools, which raise the sensory issues around school meals. Free, 45 minutes. You will need to sign up to gain a login (use the parent/individual subscription Pay by course to gain a login).

[http://spduniversity.spdstar.org/diweb/catalog/item/id/5071523/sid/86418284/q/q=Community\\*20Workshop\\*20March\\*202020&c=324](http://spduniversity.spdstar.org/diweb/catalog/item/id/5071523/sid/86418284/q/q=Community*20Workshop*20March*202020&c=324)

### **News & Articles**

The reasons I don't like to eat

<https://autismawareness.com/the-reason-i-dont-like-to-eat/>

Picky Eating and Sensory Sensitivity

<http://www.emotionallyawarefeeding.com/blog/sensory-sensitivity-picky-eating>

If my child avoids certain foods, is it more than picky eating?

<https://ilslearningcorner.com/2017-01-taste-sensitivities-if-my-child-avoids-certain-foods-is-it-more-than-picky-eating/>

4 Ways to modify meal times for fussy eaters

<https://www.yourkidsot.com/blog/4-ways-to-modify-meal-times-for-fussy-eaters>

Mealtime skills, Rituals & play - nurturing a love for food

<http://www.kidsplayspace.com.au/mealtime-skills-rituals-play-nurturing-a-love-for-food>

15 Tips for picky eaters

<http://theinspiredtreehouse.com/15-tips-for-picky-eaters/>

Food refusal: Is it oral motor or sensory related?

<https://www.arktherapeutic.com/blog/food-refusal-is-it-oral-motor-or-sensory-related/>

### **Journals**

The relationship between sensory processing disorders and eating problems among children with intellectual developmental deficits

<https://doi.org/10.1177/0308022615586418>

Bits and pieces. Food texture influences food acceptance in young children

<https://www.sciencedirect.com/science/article/abs/pii/S0195666314004681>

Relationships Between Sensory Sensitivity, Anxiety and Selective Eating in Children

<https://pubmed.ncbi.nlm.nih.gov/22326881/>

### **Books**

Avoidant Restrictive Food Intake Disorder in Childhood and Adolescence (A Clinical guide)

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**LIZELLE KEYSER**  
**Paediatric Occupational Therapist**

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[https://www.amazon.co.uk/dp/0367224410/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_rEYIEbTX9CWNF](https://www.amazon.co.uk/dp/0367224410/ref=cm_sw_em_r_mt_dp_U_rEYIEbTX9CWNF)

Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions: A Practical Guide for Parents and Professionals

[https://www.amazon.co.uk/dp/1785923188/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_XniJEbE746T6Q](https://www.amazon.co.uk/dp/1785923188/ref=cm_sw_em_r_mt_dp_U_XniJEbE746T6Q)

A Buffet of Sensory Interventions: Solutions for Middle and High School Students with Autism Spectrum Disorders

[https://www.amazon.co.uk/dp/1934575836/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_8oiJEbTCP0MAC](https://www.amazon.co.uk/dp/1934575836/ref=cm_sw_em_r_mt_dp_U_8oiJEbTCP0MAC)

Conquer Picky Eating for Teens and Adults: Activities and Strategies for Selective Eaters

[https://www.amazon.co.uk/dp/1986385930/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_gqiJEbNJZ8X6Z](https://www.amazon.co.uk/dp/1986385930/ref=cm_sw_em_r_mt_dp_U_gqiJEbNJZ8X6Z)

**Products** (We'll be looking next week at further products for eating independence.)

Dinner Winner Tray: Segmented tray

[www.amazon.co.uk/dp/B00I0VUMBI/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_gEiJEbTS6Q644](http://www.amazon.co.uk/dp/B00I0VUMBI/ref=cm_sw_em_r_mt_dp_U_gEiJEbTS6Q644)

Plate Divider Food Cubby

[www.amazon.co.uk/dp/B07DYR2WHS/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_bFiJEb55Q2NWy](http://www.amazon.co.uk/dp/B07DYR2WHS/ref=cm_sw_em_r_mt_dp_U_bFiJEb55Q2NWy)

Construction Cutlery Front loader spoon

<https://www.rompa.com/construction-cutlery-front-loader-spoon.html>

Fred & Friends: Interesting utensils

Fred Dinner Winner Kids Dinner tray - enchanted forest

<https://www.amazon.co.uk/Fred-DINNER-WINNER-Kids-Dinner/dp/B01D1FSJXA/>

Fred Crack a smile egg mould

<https://www.amazon.co.uk/dp/B00IT2MA2W/>

Fred Snack & Stack Kids cutlery

<https://www.amazon.co.uk/Fred-SNACK-STACK-Kids-Utensils/dp/B001GQ2SQG/>

Fred Unicorn mould for eggs

<https://www.amazon.co.uk/Fred-Breakfast-Pancakes-Omelettes-Silicone/dp/B0797GJZB5/>

Fred Samurai Lolly Mould

<https://www.amazon.co.uk/Fred-SAMURICE-Samurai-Lolly-Moulds/dp/B00JTRGH98/>

Fred Slinky drinks worm straws

<https://www.amazon.co.uk/Fred-SLINKY-DRINKS-Worm-Straws/dp/B00BUM0IJU/>

Food cutters are brilliant, as you can cut sandwiches into fun shapes!

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### **Apps**

Learn Play Eat App: Playful activities and games you can use anytime and anywhere, to help end picky eating.

<https://apps.apple.com/app/id1377533159>

Dr. Panda Restaurant 3 App:

<https://apps.apple.com/za/app/dr-panda-restaurant-3/id1289589935>

### **Websites of Interest**

Great Ormond Street Eating Disorder clinic: To consider for children with severe food aversions

<https://www.gosh.nhs.uk/file/1761/download>

Autism Speaks: Feeding behaviour toolkit

<https://www.autismspeaks.org/tool-kit/atnair-p-guide-exploring-feeding-behavior-autism>

### **Activity ideas**

Lots of activity ideas from Kids eat in color:

<https://www.pinterest.co.uk/kidseatincolor/>

Ark therapy food play:

<https://www.pinterest.co.uk/arktherapeutic/food-play/>

<https://www.pinterest.co.uk/arktherapeutic/picky-eater-ideas/>

Ashley the dietician says to try a muffin tin...

[https://www.instagram.com/p/B75AMngIIQ5/?utm\\_source=ig\\_embed](https://www.instagram.com/p/B75AMngIIQ5/?utm_source=ig_embed)

Taco Tuesday divide their food:

[https://www.instagram.com/p/BoKqbJbAauM/?utm\\_source=ig\\_embed](https://www.instagram.com/p/BoKqbJbAauM/?utm_source=ig_embed)

18 book inspired snacks for kids

<https://childhood101.com/18-book-inspired-snacks-for-kids/>

### **Any other interesting bits....**

It is worth knowing about Celiac Disease, as undiagnosed a child with Celiac can have terrible tummy aches and be fussy with their food as a result. It is very important to follow a strict gluten free diet, if diagnosed with Celiac. School staff needs to know what this entails:

<https://www.coeliac.org.uk/document-library/1618-school-pack-for-schools/>

Please do not hesitate to contact me if you require any further advice or have questions.

Kind regards,

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Date: June 2020

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