



Children's Therapy Team

Supporting Children who are picky eaters or avoidant/restrictive

How do I know
who is picky and
who is restrictive?

How is a diagnosis of
ARFID made and what are
the challenges?

What will help
at mealtimes?



What is
ARFID?

Where can I go for
further support?

What strategies will
help with sensory
sensitivities?

This online training session discusses the difference between picky eating and avoidant/restrictive eating, how to identify children with these difficulties and provides ideas of strategies that will help.

This ***FREE*** training session is suitable for parents and professionals who live or work in the following areas –

York, Selby, Scarborough, Whitby, Ryedale

Tuesday 21st October 2025 1:00-2:30pm <https://forms.office.com/e/CtyR3iHhtn>



To book a place please click on the link or scan the QR code above.

For more information, please email: yhs-tr.childrenstherapytraining@nhs.net or visit the website on [York and Scarborough Teaching Hospitals NHS Foundation Trust](https://www.yorkandscarboroughnhs.uk) Training