



When to Seek Help

- **Growth Concerns:** Noticeable weight loss or poor growth.
- **Health Issues:** Signs of nutritional deficiencies like fatigue or frequent illness.
- **Impact on Daily Life:** Eating habits interfering with school, social activities, or family meals.
- **Distress:** Significant anxiety or distress related to food and eating.



Supporting Your Child at Home

- **Create a Positive Mealtime Environment:** Keep mealtimes stress-free and positive.
- **Offer a Variety of Foods:** Encourage trying new foods without pressure.
- **Be Patient:** Change takes time; celebrate small successes.
- **Seek Professional Help:** Don't hesitate to reach out to healthcare professionals for guidance and support.
- **Research advice and guidance:** Continue to develop your own understanding of managing the condition and implement strategies that create a positive and supportive eating environment.
- **Books and Media:** Look for age-appropriate resources on 'ARFID for children' for your child to better understand the condition.



Remember, early intervention can make a significant difference in helping your child overcome ARFID and develop a healthy relationship with food. If you have concerns about your child's eating habits, seek professional guidance to ensure they receive the appropriate care and support.