

# **Food Refusal and Avoidant Eating in Children**

**including those with Autism  
Spectrum Conditions**

**A Practical Guide for Parents  
and Professionals**



**Gillian Harris and Elizabeth Shea**

Gillian Harris

## Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions



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Now referred to as Avoidant or Restrictive DIET Disorder (ARFID), it is because of sensory hypersensitivity, and it can impact upon the fitness of the kid, upon the family, and upon interpersonal integration. Many children with Autism Spectrum Disorder (ASD) have a restricted dietary range, and this book provides parents with advice and training on how best to deal with this problem and achieve a wholesome and more balanced diet. Based upon successful training deals the authors provide for parents and professionals, this book enables the reader to comprehend the condition and use it, steadily increasing the number of food a kid will be able to eat. It offers 'box outs' with case research, points of interest and action factors to create this an available and resourceful read.



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This book explains the problems we've had. Wish this book was written sooner!



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