

Slides on selective eating & ASD

(1 page information sheet on selective eating compliments this)

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Selective Eating & ASD

- Preference for sameness & routine
- Fear of unknown & unexpected
- Food refusal as form of communication
- Sensory difficulties
- Over & undergeneralisation
- Unhealthy foods used as motivators

Most successful approach to tackling selective eating

- Low or zero pressure
- Good modelling
- Maximum exposure to the right foods
- Minimum exposure to most preferred foods
- Be firm but appear not to care
- Realistic changes

Obsessional food	Food partially accepted (Refused until column 1 foods are given!)	Food disliked (Makes column 2 look good!)
Chicken nuggets	Fish fingers	Mince
Hot dogs	sausages	Eggs
Micro chips	Oven chips	Roast potatoes
Diluting juice	Pure fruit juice	Water

Food Chaining

- What is the favourite food?
- What's it like?
- What do the preferred foods have in common?
- What other foods are similar but different?
- Provide a choice between 2 "similar but different" foods

Food	Colour	Taste & smell	Texture	Shape / size	Temperature	Brand	Kind of food
Chicken nugget	Yellow/brown	bland	Crisp and soft /chewy	Oval	Hot	McNugget	Breaded chicken
Fish finger?	Same	Same	Similar		Same		Similar
Roast chicken breast?		Same			Same		Similar
Turkey Dinosaur ?	Same	Same	Same		Same		Similar
Hamburger		Same			Same	Same	

Favourite food	Alternative 1	Alternative 2
Chicken nuggets	Turkey dinosaurs	Fish fingers
Sausages	meatballs	Black pudding
Tuna	Salmon	Mackerel
Quavers	Wotsits	Cheese nachos
Diluting juice	Pure fruit juice	Fruit smoothie
Potato waffles	chips	Smiley potato faces
Canned Spaghetti hoops	Baked beans	Canned ravioli
Apple	Pear	Melon
Peas	sweetcorn	Sugar snap peas
Bacon Crisps (Brand X)	Chicken crisps (Brand X)	Bacon crisps (Brand Y)

Exposure without pressure

- Self-service meal from serving dishes
- Family meal with modelling *or* Eating while distracted?
- “Forbidden” fruit on adult’s plate
- Constructing nutritious foods as treats/rewards
- Pick, shop, chop, stir....

www.ellynatterintstitute.org



Division of responsibility in feeding:

- The parent is responsible for what, when, where.
- The child is responsible for how much and whether.

www.sarahremmer.com – From Stork
to Fork



www.foodhostage.com



Avoidant Restrictive Food Intake Disorder (ARFID) is food refusal due to highly selective intake, lack of interest in eating, or fear of the unpleasant effects of eating without concerns of body image or weight.

Desire for sameness & routine

- Children with ASD prefer sameness & routine
- Create routines around mealtimes
- This makes variation of the food more acceptable

Making meals feel safe & predictable

- Meals as part of visual timetable
- Consistent mealtimes
- Routine prior to and after eating
- Including a choice element
- Limiting mealtimes
- Involvement in food preparation



Involvement in choosing and preparing foods

Making meals and mealtimes predictable



Routines around mealtimes

Having a choice

Family modelling & self-service



Time limits to meals

Eating more while distracted!

"Treats" don't have to be unhealthy!
