

Support in Newport & South Wales

- **Newport Autism Support Group**

Meetings take place on the first Thursday of every month, 10am-12pm at Serrenu Children's Centre .
Contact Hilary Leadbeater on 07899 906344

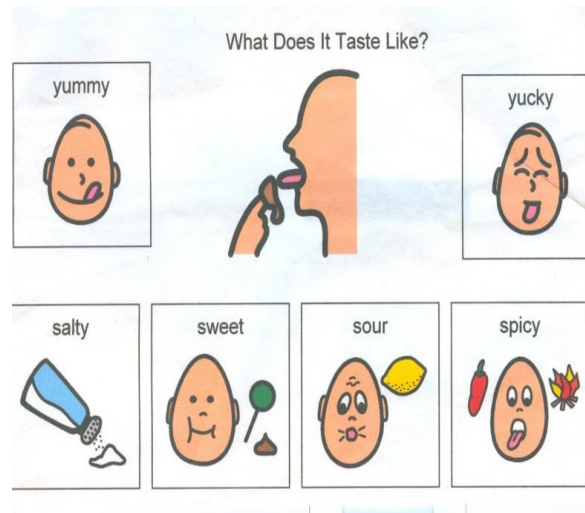
- **Dietitian**

Ask your GP or consultant to refer you to an NHS dietitian or find a private dietitian and visit Paediatric Autism, a specialist sub-group of the British Dietetic Association.

- **ASDinfo Wales**

asdservice.abb@wales.nhs.uk

01633 644143



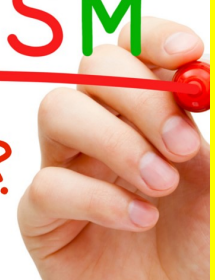
**Please refer to your
child's class teacher
or ALNCO for further
advice.**

Food and Diet Top Tips.

**Provided to your
school through ASD
Outreach to New-
port Schools from
Ysgol Bryn Derw**

AUTiSM

And Diet?



What you need to know

We all know that eating a varied diet is good for your health, but many people don't achieve this. Many of our pupils have a restricted diet, eating only a limited range of food. Others may over-eat.

Here, we aim to offer some top tips to enable parents/carers to begin to identify some causes of the eating difficulties, whether over-eating or restricted eating.

It's important that you speak to your child's class teacher or ALNCO if you are concerned about your child's diet and they can provide help and advice.

Try to work out whether it is the amount, type or range of food being eaten which is the core issue, and then what underlying problems, or sensory issues, may be involved.

We will also tell you how you can get support, further information and resources. (Signposting to support on the back of the leaflet.)

Top Tips

We would like to share the following tips, which may help your child's diet.

- **A Social Story**

Creating a social story can provide insight into why we eat and the importance of a balanced diet,

- **Planning**

Create a daily or weekly timetable or visual schedule of meals.

Behaviours won't change overnight and it's important to notice the small positive steps. Remember everyday is a new day, a fresh start.

- **Rewards**

Using a reward system can also be effective—whatever you know is a motivator for your child.

- **Food Play**

Your child could take part in sensory food play. To allow pupils to explore a variety of food— wet food, dry food etc.

- **Exercise**

Encourage activities which involve movement and exercise. This can help with weight loss (if that's needed) and reducing stress, which may have contributed to over-eating.

- **Modelling**

This might mean that the whole family takes part in exercise, family meal time, sensory food play together or cooking together.

What to do during a meal time.

- Be calm and confident.
- Avoid unnecessary foods which are known to be particularly stressful for your child. E.g. Wet food if they only eat dry.
- Use a timer or a countdown to support remaining at the table to eat.
- Be supportive and compassionate. It is important that the young person knows that you will be there.
- Have rewards/ motivators in sight and available.
- Have visuals to hand if needed— good, stop, chew, swallow.
- Ensure the environment is calm and consider sensory overstimulation (noise, lights, smells etc.)
- Keep a food diary. This way you can measure success over a period of time and celebrate small steps!