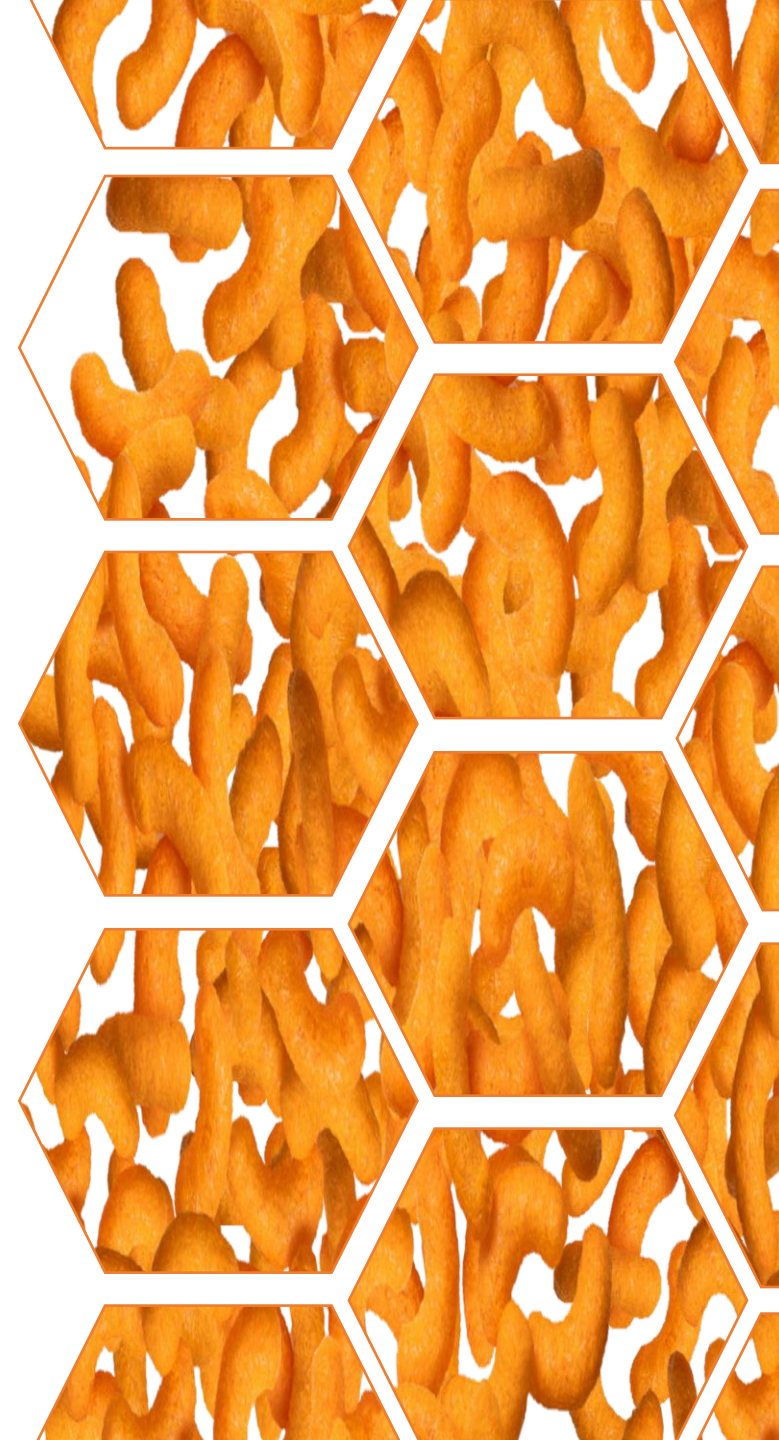


Restricted Diets





'Building Community, Inspiring Learning'





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Assistant Head of Learning



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What is a
restricted
diet?



What can
it lead to?

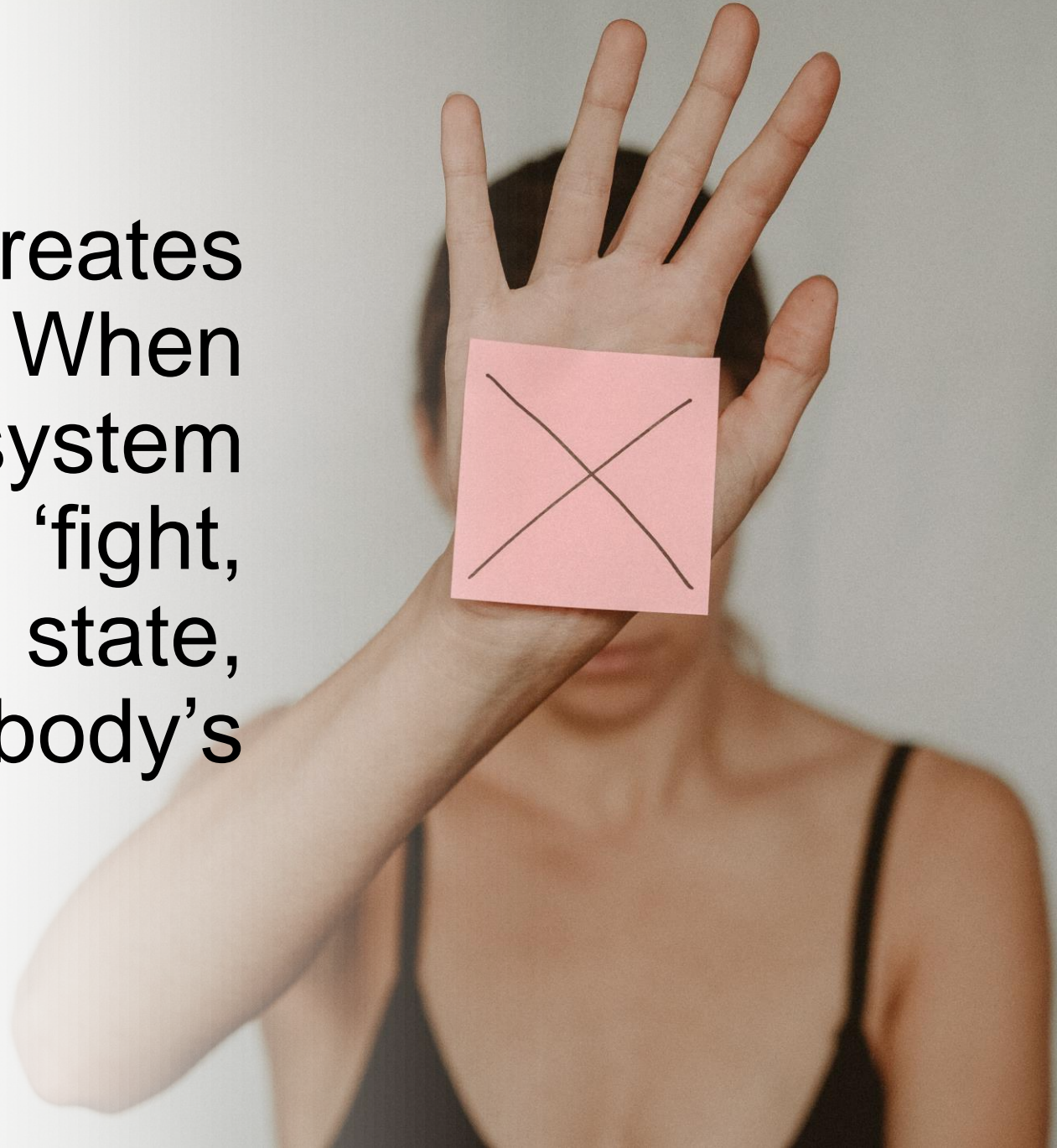




Did you know?

75% of pupils with ASD may present with some form of eating issue at one time or another

Stress creates dysregulation. When our nervous system has moved into a 'fight, flight or freeze' state, eating isn't the body's priority, safety is.





So... why?



What's the Difference?

"Why does my child struggle with fruits and veggies?"

juicy



squishy



sweet



sour



The



same



every



time.





What can we do?

Use a plate





Bring it closer



Portion Size



Portion Size



Portion Size



To Touch or Not to Touch!





Blended Diets



Keep it separate

Messy Play



Sharing Experiences
