

ARFID resources

for Young People and carers

Websites

ARFID Awareness UK: A registered charity offering further support and information about ARFID. They offer a parent support forum along with an open community of professionals, parents and researchers. Website: www.arfidawarenessuk.org/support-us

BEAT Eating Disorders: A registered charity that offers advice and support for people experiencing eating disorders as well as those supporting them. It has a national helpline that is available 365 days of the year. It is often a great place to see what else is going on around the country and where you can access continues support.

www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/arfid/

National Centre for Eating Disorders: This website provides further information on ARFID and where you can find additional support. It also has a support line for people in the UK. www.eating-disorders.org.uk

The Peace Pathway: This pathway focuses on individuals with eating disorders and Autism. They offer a wide range of resources and information, including blogs on food variation and ARFID specifically.



YouTube

- Introducing ARFID by Specialist Hypnotherapy
- Exploring differences between ARFID and Fussy Eating by Specialist Hypnotherapy
- Kasey Holbrook's video on 'ARFID- a poetic Documentary'
- You can also find accounts that share their experiences with ARFID which can be helpful



Podcasts

- Full of beans 'ARFID in Adulthood'
- NHS Feed your Mind podcast episode 4
- Dr Patricia Bay - Therapy in a Nutshell episode titled ARFID

ARFID resources

for Young People and carers

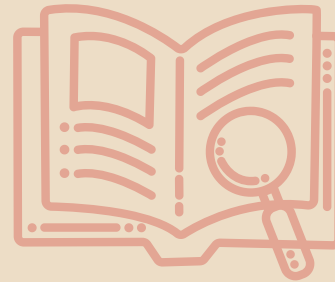
Self Help Books



The Picky Eater's Recovery Book

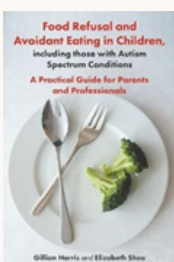
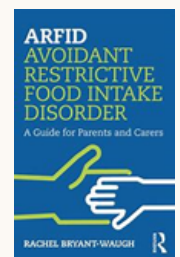
This self-help book provides readers with an understanding of

ARFID and draws on evidence-based practices to support improving a person's relationship with food. Aimed at adults, but accessible to teenagers, this book offers information sheets and worksheets that can support the reader's therapeutic journey.



Helping Your Child with Extreme Picky Eating: Aimed at parents of younger children this book is a great resource to support mealtime challenges. It offers advice and strategies for parents and helps them identify their role in supporting change whilst maintaining their child's trust.

Avoidant Restrictive Food Intake Disorder This book offers a great overview of ARFID. It details the diagnostic criteria and recognises the complexity of the presentation thereby supporting parents to make sense of their child's individual eating difficulties. The treatment approaches and models aim to empower parents and help them feel more confident in supporting their child.



Food Refusal and Avoidant Eating in Children: This book is great for young people who present with eating difficulties alongside other neurodevelopmental disorders. It helps parents make sense of their child's presentation as well as offering helpful strategies that can be easily applied at home.