

# Encouraging Eating and Drinking Webinar

## Information for parents and carers

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This video is suitable for families who have a child or young person with a neurodevelopmental disability, such as autism, who has difficulties with eating and drinking.


It is suitable for parents/carers of pre-school and school aged children. The video lasts 45 minutes.

### Key messages:

- Practical ideas to help increase your child's diet and reasons why children might find new foods challenging or restrict foods they previously enjoyed
- How to get the best out of the food you offer at mealtimes
- How to introduce new foods into your child's world and what new foods are they most likely to eat?
- How to separate medicine from food
- How to keep the foods your child already eats from being cut from their diet

Please use the video link below or scan the QR code to watch a video on Encouraging Eating.

If you have any questions, please contact your local Speech and Language Therapist.

<p><b>Video Link:</b></p> <p><a href="https://vimeo.com/showcase/11600667?video=1093114223">https://vimeo.com/showcase/11600667?video=1093114223</a></p>	<p><b>QR code:</b></p> 
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