



# FOOD & EATING

Five Top Tips from parents to help your Neurodivergent child with their food issues

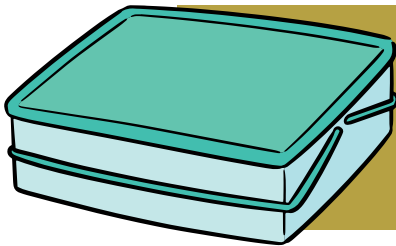


## Be Aware of Sensory Differences

Many neurodivergent people have issues with sensory processing, which can affect the way that they respond to food. This means that they might be over- or under- sensitive to the smells, tastes or textures of particular foods. They may also find it difficult to tell when they are hungry or full.

## Allergies

It is common for neurodivergence children (particularly autistic children) to be allergic to different foods. Common allergies are lactose (found in cow's milk) and gluten (found in wheat products). If your child is reacting badly to these products, try using alternatives that don't contain these ingredients, and consider contacting your GP to see if they can refer your child for an allergy test.



## Cook in batches

“When you have identified a particular food that your child likes, cook lots of it, and freeze it in containers. That way, you will always have a back-up meal.”

## Don't Force Food

Whether your child is neurotypical or neurodivergent, it is important that you do not force them to eat, as this might make them feel helpless and out-of-control.



## Be Patient

It may feel impossible to introduce new foods and you might worry about the impact your child's diet is having on their health. Try to be patient and remember that it may take time for them to get used to new foods.