

# Parent Feeding Group for Children with Autism

Feeding challenges are common for children with autism, especially between ages 4 and 8. These can include strong food preferences, sensitivity to certain textures, sticking to only a few familiar foods, or needing mealtimes to follow a very specific routine. These patterns can affect nutrition and make family life such as mealtimes, social activities, and daily routines more stressful.

Many children also experience eating-related anxiety, which can lead to worry before meals, refusal, or meltdowns, making picky eating even harder to manage.

## Who is the programme for?

**Parents of children with a formal diagnosis of Autism between the ages of 4 and 8 years old.**

The programme is designed to support parents in understanding the links between anxiety and feeding challenges and to provide practical tools to reduce stress around mealtimes. The study will involve group sessions, questionnaires and a focus group that will be formed at the end of the intervention to gather feedback about the benefits of the intervention.

## How will the group run?

The group will run **in person** with a total of 7 sessions over 6 weeks. You will be committing to the following:

- 5 weekly sessions of 90 minutes.
- 1 session with your child of up to 45 minutes in clinic.
- 1 in person / virtual feedback group session of 90 minutes

## How to sign up

If you would like to take part in an **in person** parent feeding group that will run for **6 consecutive weeks** on Monday Mornings from 10 am to 11:30 am, please scan the QR code, or click on the link below to complete the referral form.

Following referral parents will be sent a food diary electronically to have a better understanding of your child's food repertoire. Parents will then be booked in for an initial assessment session to discuss current concerns.



**SIGN UP!**

**Where: DBT Clinic, Birches Close,  
Mitcham, CR4 4LQ  
6 Mondays from 11/05/2026 10-11:30am  
Free onsite parking available**

<https://forms.office.com/e/3tXjegSJk9>

