



EATING, BODY & DIGESTIVE HEALTH > EATING CHALLENGES > ARFID

A LISTENING TO FAMILIES RESOURCE

Eating Challenges - ARFID

Questions about Avoidant / Restrictive Food Intake Disorder (ARFID) identified by families and people with lived experience are answered in a conversation with a Consultant Clinical Psychologist Feeding Team SI Eating Disorder Service

QUESTIONS ANSWERED IN THIS SERIES

- ⦿ What is ARFID?
- ⦿ Different from fussy or picky eating?
- ⦿ What are some of the causes
- ⦿ Increasing the food range
- ⦿ Why does this need to be addressed?
- ⦿ What is a food jag?

and further questions

WATCH THE FULL SERIES · 12 VIDEO CLIPS

NZ families' questions about the development, health, and wellbeing of children and young people are answered in conversations with local Specialists.

listeningtofamilies.co.nz/eating-challenges/arfid