

YOU'RE INVITED TO A **ZOOM WEBINAR**



**The Canterbury Initiative**

WORKING BETTER TOGETHER · ME MAHI TAHI TĀTOU

# AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

Daytime  
webinar

**THURSDAY  
5TH AUGUST  
1PM - 2:30PM**

## **URSULA MCCULLOCH**

*Consultant Clinical Psychologist (CDHB)*

## **FIONA LEIGHTON**

*Paediatric Dietitian (CDHB)*

Mobile Health, in conjunction with the Canterbury Initiative and CDHB Paediatric Feeding service, are pleased to invite you to this webinar offering practice nurses and public health nurses evidenced-based practical skills to support children with restrictive eating disorders. Restrictive Eating is a persistent feeding or eating disturbance leading to avoidance of food, resulting in significant weight loss or nutritional deficiency and/or impairment in psychosocial functioning.

### **THE TOPIC WILL INCLUDE:**

- A framework for understanding restrictive eating patterns
- Understanding the process of food exploration
- Evidence based practical tools adapted for age and stage
- Meeting nutrition needs from a restricted-diet lens
- Referral pathways for additional support

## **REGISTRATIONS REQUIRED**

Use the link: <https://tinyurl.com/ujru88fa>

