



Emotional literacy helps us to express our feelings and thoughts and understand why we may feel a particular way.

Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

Emotional Literacy Support

Working together to
support you & your
child

Welcome to your
4th edition of ELSA
ParentMail

Here you will be able to access useful information, guides, websites & apps. Each newsletter will focus on a specific area around your child's social and emotional needs





Why young people may experience issues around food & drink

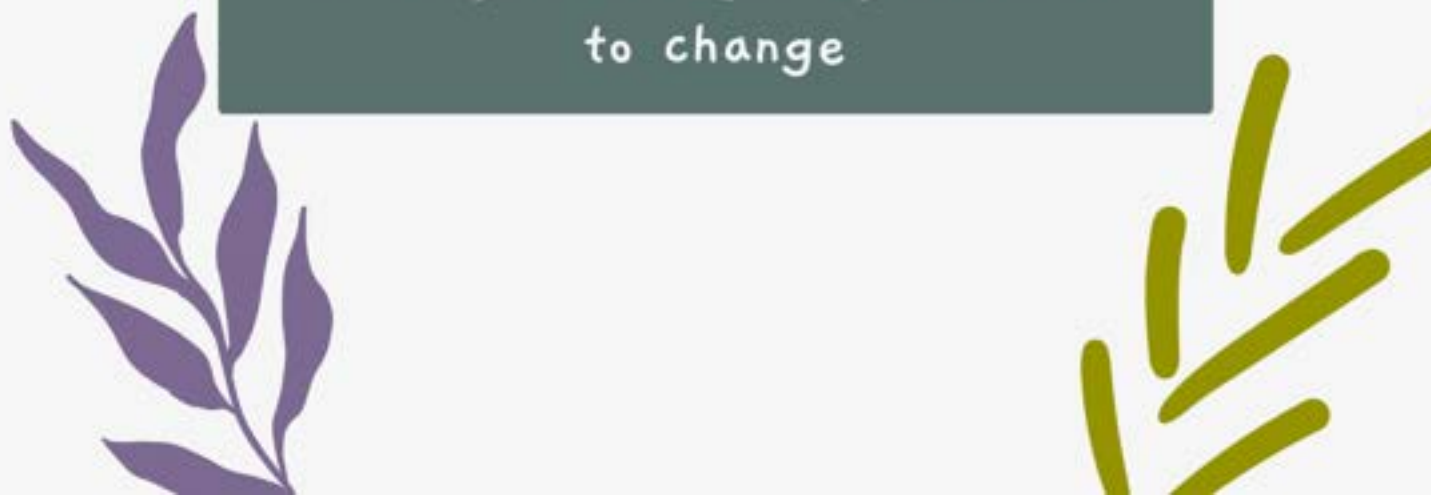
Awareness of body image, physical changes, weight or body shape

Reaction to stressful or traumatic experiences or situations

Sensory issues with texture, smells & colour

A way of coping with feelings & emotions

Development of strict routines or rules that become difficult to change



What should I look out for?

Children can be 'fussy eaters' sometimes. However, it is important to address issues around food & recognise if your child needs help & support

Focused on calorie counting



You may notice that your child is more aware of calorie content & will only eat certain foods under a certain range.

Reduction or limiting

The reduction of food in order to see a change in body shape or weight.



Binging



The consumption of calorie dense foods or in large quantities over one sitting

Exercise

The urge to use intense or daily exercise to burn calories or alter body shape. This may require monitoring



Weight changes



Rapid changes in weight or body shape may signify that food is being used as a way for your child to manage their feelings or emotions. Seek GP advice

Possible signs

Feeling cold & weak, difficulty concentrating, irregular/no periods, dizziness, hair loss, nails cracking/turning yellow,



Eating disorders are more common in children with autism & will often be accompanied by other mental health conditions such as anxiety & depression

Six

ways I can help

2

Ask for help

Seek advice for yourself & your child. There are a number of professionals available to provide ongoing support for you & your family.



5

Building self-esteem

Your child may be controlling or limiting food due to a lack of confidence or low self esteem. Building confidence is a good place to start, to help your child build upon their self worth.



1

Listening

Having open conversations with your child & being available when they may need your support. Your child may not feel ready to open up but just being there will be a source of comfort for them.



3

Support around meal times

Create a calm and safe environment around meal times. Decide with your child where they feel most comfortable to eat & with who & never force food.



4

Meal preparation

Your child may have a fear of contamination. By including your child in meal preparation this can help to reduce anxiety & give your child some control over portion size & ingredients.



6

Role model

Try to be a good role model by eating a balanced diet and doing a healthy amount of exercise.



WHERE CAN I FIND FURTHER SUPPORT & ADVICE?

[HTTPS://WWW.NHS.UK/
MENTAL-
HEALTH/FEELINGS-
SYMPTOMS-
BEHAVIOURS/BEHAVIO
URS/EATING-
DISORDERS/OVERVIEW
/](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)

[https://www.mind.org.u
k/information-
support/types-of-
mental-health-
problems/eating-
problems/treatment-
and-support/](https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-and-support/)

HELP



[HTTPS://WWW.B
EATEATINGDISOR
DERS.ORG.UK/](https://www.beeatingdisorders.org.uk/)

You can seek help &
advice from your local
GP



[HTTPS://WWW.TEE
NHEALTH.ORG.UK/
HEALTH-
TOPICS/ISSUES-
WITH-FOOD/](https://www.teenhealth.org.uk/health-topics/issues-with-food/)

[https://www.nutrition.or
g.uk/nutrition-
for/teenagers/](https://www.nutrition.org.uk/nutrition-for/teenagers/)