



Helping children and young people with Paediatric Feeding Disorders



THE UK CHARITY FOR PFD

A young girl with long brown hair is smiling as she pours cereal from a clear plastic container into a white bowl. The background is softly blurred, showing what appears to be a dining table with a glass of orange juice. The overall mood is warm and happy.

**We make
mealtimes,
good times.**

Helping children and young people with Paediatric Feeding Disorders (PFD) to develop a life-long, healthy relationship with food.

We make mealtimes, good times by providing life changing feeding therapy and empowering families and communities through education and research.



OUR MISSION

Through fundraising, we aim to:

- **Provide the opportunity** to access specialist therapy for children and young people with PFD, that provides them with the skills and confidence to enjoy a life-long, healthy relationship with food.
- **Empower families** to be advocates for their children, through education and training.
- **Raise awareness of PFD**, through the publication of research and real-life stories.
- **Reduce the barriers** to accessing evidence based services.



OUR CLINICAL SERVICES



We're an award-winning feeding therapy service, led by a specialist team of Occupational Therapists, Dietitians and Speech and Language therapists.

We offer full assessments and the right treatments, all in one place, for children and young people who have significant feeding difficulties.

We use our skills and knowledge, based on evidence and research, to get your child eating and drinking without the battles around the dinner table. The following few pages show case studies from children and their families who we have helped to make mealtimes, good times.



CASE STUDY: **LUCAS / 3 years**

Lucas was born with Diabetes Insipidus and had difficulties with feeding from birth.

He needed to be fed via a tube and experienced huge difficulties learning to eat.

From the age of three, Lucas and his family worked with The Feeding Trust to build Lucas' confidence and skills with food and he was tube weaned in 18 months.

Lucas is now a “cheeky little boy who eats anything and everything!”



CASE STUDY:

ISAAC / 4 years

Four year old Isaac, who has Autism, came to The Feeding Trust during the Covid-19 pandemic.

Eating only Walkers French Fries crisps, he presented with a dangerously restricted diet and severe contextual eating restrictions.

Over the course of two years, the team worked with Isaac, his family and his school to enable him to eat a more varied diet.

Isaac now eats 40 foods from across all food groups and is comfortable eating in a wide range of contexts, including the local pub and fish and chip shop.



OUR CHALLENGE

PFD is a poorly understood developmental condition that emerges in early childhood.

It can be compared with other developmental conditions such as:



Dyspraxia

Difficulty with learning to move and co-ordinate the body



Dyslexia

Difficulty with learning to read and write



Speech & language disorders

Difficulty with learning to talk



WHAT IS PFD?

Just as dyslexic children can be incorrectly labelled as lazy or slow; dyspraxic children as clumsy or careless, children with PFD are often labelled as fussy or awkward.

However, PFD is a complex developmental condition that can have long term physical and mental health consequences.

PFD means eating can be both extremely difficult and at times painful. A frequent symptom of PFD is a severely restricted diet.

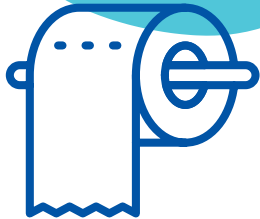
Children with PFD often have less than 10 foods in their repertoire and many have only one or two.



OUR RESEARCH

Our research has shown that:

About a third of children with PFD suffer from **chronic reflux and/or constipation**.



About half have **neuro-developmental disabilities**, such as **Autism**, which makes learning new skills a challenge.

High rates of **sensory processing differences**.



High rates of co-existing **anxiety in children and young people with PFD**, due to the relentless, daily challenge of struggling to do something that seems to come naturally to everyone else.



The consequences of PFD are significant for both the child and their family.

Some examples (although not an exhaustive list) are:



MEDICAL

Constipation, chronic fatigue, swallowing difficulties, gagging and choking.



DEVELOPMENTAL

Delayed self-help, fine motor and oral motor skills.



SOCIAL / EMOTIONAL

Social isolation, anxiety and feelings of low self-worth.



NUTRITIONAL

Weight and growth concerns, nutrient deficiency (resulting in poor appetite and lethargy).

**At The Feeding Trust,
we want to **conduct further
research** into the wider
impact of PFD on the child
and the whole family and
**create the evidence base
for effective treatments
in the UK.****

OUR FUNDRAISERS AND SUPPORTERS

We are so very grateful to all our
volunteers, fundraisers and supporters.

To keep our costs to a minimum, we don't employ
fundraisers and so rely on the support of our Mealtime
Champions to help raise funds. You can get involved,
there are so many ways to help.

Thank you one and all!



HOW YOUR DONATIONS HELP



There is no, one, single cause of PFD.

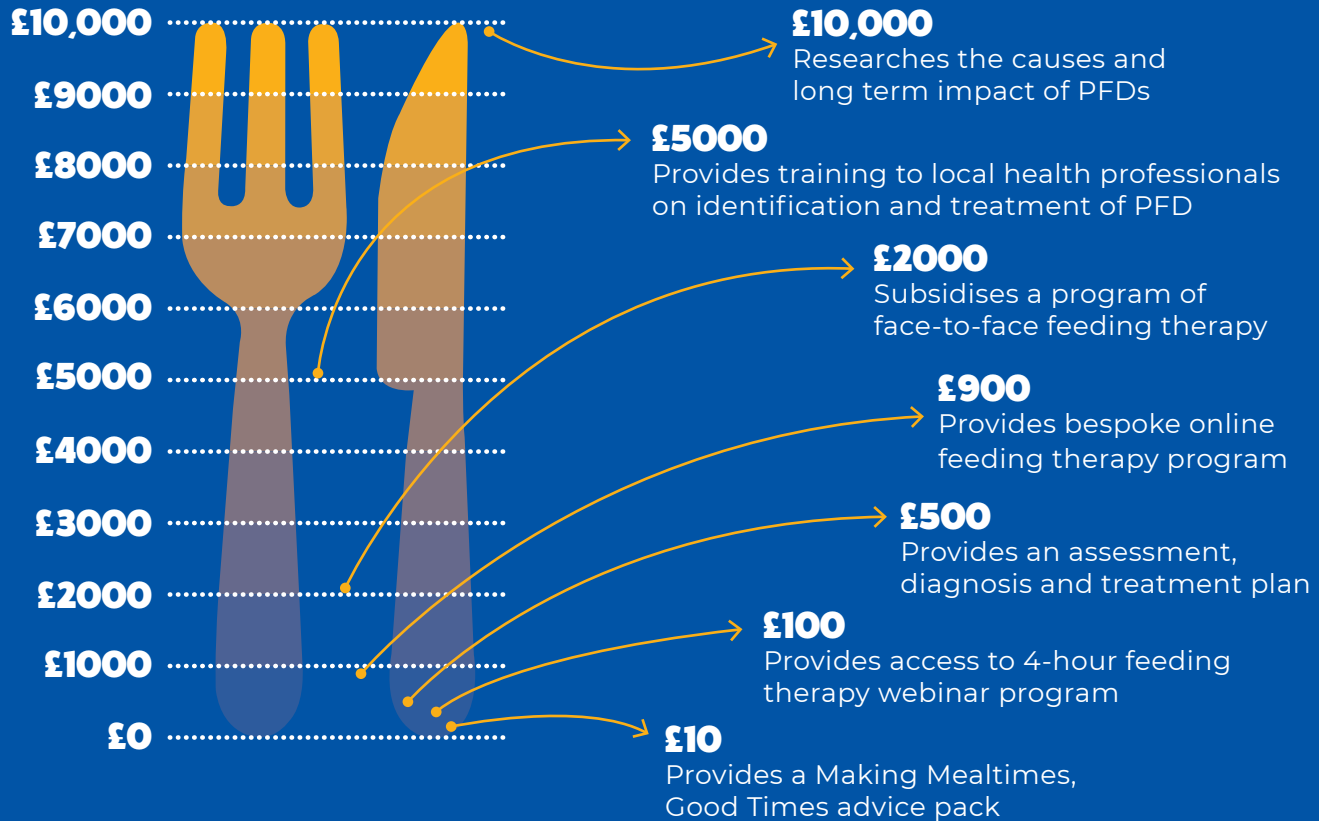
The journey from assessment through to treatment is complex and requires the co-ordinated input of multiple professionals.

Unlike eating disorders, such as anorexia, there is no referral or treatment pathway for PFD on the NHS.

Your donations help to fund this vital feeding therapy.



FUNDRAISING BAROMETER



GET IN TOUCH

Our aim at The Feeding Trust is to provide an accessible, evidence based, clinically effective assessment, advice and treatment service for PFD.

Working with children, their families and local services, to make mealtimes, good times.

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