

A Letter to the Parent Supporting a Child with ARFID

Dear parent,

When your child is finding eating difficult, every meal can carry worry, questions and pressure. You may be trying to keep them safe while wondering whether you are doing enough or how other people will judge.

ARFID is not a choice, a battle to win, or a reflection of how much you care. There can be many reasons eating feels hard, and what helps your child may take patience, trust and support from people who understand.

You do not have to make every meal go well or have the perfect response. You can listen to what feels difficult, offer safety without blame, and seek help alongside your child. Your own worry, tiredness or uncertainty deserves care too.

One difficult meal does not define you or your child. You can keep learning and asking for support, one step at a time.

With care,