

Referral for Selective Eating Support

This is a referral form for children and young people who require support for their selective eating behaviours or restricted diet.

Who can refer

Parents, guardians, caregivers, health professionals, education staff, GPs. Anyone can refer!

How to complete a referral

Send the below documents to elft.mdttherapies@nhs.net:

1. Child Development Service & Therapies Referral Form. See <https://www.elft.nhs.uk/scyps/our-services/referrals/index.html> .
2. A Food Diary completed by parents. This is the Food Diary form.

Child's name	
DOB	
NHS number	

Evidence of use of strategies (optional)

Which strategies have the parents been implementing from the website? https://www.elft.nhs.uk/scyps/our-services/occupational-therapy/selective-eating-support	
Describe the progress the child has made since the parents started implementing the strategies from the website. https://www.elft.nhs.uk/scyps/our-services/occupational-therapy/selective-eating-support	

Food Diary

For more information about Food Diaries, please refer to our website.

How to complete a Food Diary

- Use this diary to record everything your child eats and drinks for **3 days** including 1 weekend day – this includes drinks and snacks.
- Try to record as you go along while the information is still fresh in your mind. It is easy to forget things if you leave it until the end of the day.
- Do not change what is 'normally' eaten. Write down exactly what the child has eaten on that day, at that time.

