

Restrictive Eating, Autism & the School Environment

Sian Taylor, Clinical Specialist Dietitian, CAMHS,
ABUHB

Tuesday 2nd of June 2026, 10:00am - 12:00pm

About the session

Many children and young people, particularly autistic pupils, experience restrictive eating linked to anxiety, sensory differences and a need for predictability. This can significantly impact their experience of school.

This session explores how school environments and routines can either reduce or increase distress around eating, and how small, practical adjustments can make a meaningful difference.

The session will cover:

- What restrictive eating can look like, including profiles sometimes diagnosed as ARFID
- Links between autism, sensory processing differences and eating
- How school environments and lunchtime practices can affect eating and anxiety
- Practical, realistic adjustments schools can make to support pupils
- Common well-intentioned strategies that can unintentionally increase distress
- Working collaboratively with families to support a positive relationship with food

You'll gain a clearer understanding of restrictive eating (including ARFID), its links to autism, and realistic, compassionate strategies to support pupils. We'll also explore approaches that may unintentionally increase distress and how to work positively with families.

Suitable for parents, carers, school staff and ALN professionals, this session promotes inclusive, neurodivergence-affirming support that prioritises wellbeing, dignity and emotional safety.

About the presenter

Sian Taylor is a Clinical Specialist Dietitian in CAMHS at Aneurin Bevan University Health Board. She integrates dietetic expertise within multidisciplinary teams to support children and young people with complex mental health needs, including eating disorders.

She established Wales's first dedicated ARFID service for children in 2021 and chairs the ARFID subgroup of the British Dietetic Association. Sian is passionate about improving access to specialist support and building confidence in recognising and supporting ARFID.

Sian is passionate about improving timely access to specialist dietetic support and building system-wide confidence in recognising and supporting ARFID.



To book your place please use this link:

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www.NeurodivergenceWales.org

Bwyta Cyfyngol, Awtistiaeth ac Amgylchedd yr Ysgol

Sian Taylor, Dietegydd Arbenigol Clinigol, CAMHS,
ABUHB

Dydd Mawrth, 2 Mehefin 2026, 10:00am – 12:00pm

Y Sesiwn

Mae llawer o blant a phobl ifanc, yn enwedig disgyblion awtistig, yn profi bwyta cyfyngol sy'n gysylltiedig â gorbryder, gwahaniaethau synhwyraidd ac angen rhagweladwyedd. Gall hyn effeithio'n sylweddol ar eu profiad o'r ysgol.

Mae'r sesiwn hon yn archwilio sut y gall amgylcheddau ac arferion ysgol naill ai leihau neu gynyddu trallod ynghylch bwyta, a sut y gall addasiadau bach, ymarferol wneud gwahaniaeth ystyrion.

Bydd y sesiwn yn ymdrin â:

- Sut y gall bwyta cyfyngol edrych, gan gynnwys proffiliau weithiau wedi'u diagnosio fel ARFID
- Cysylltiadau rhwng awtistiaeth, gwahaniaethau prosesu synhwyraidd a bwyta
- Sut y gall amgylcheddau ysgol ac arferion amser cinio effeithio ar fwyta a gorbryder
- Addasiadau ymarferol, realistig y gall ysgolion eu gwneud i gefnogi disgyblion
- Strategaethau cyffredin a all gynyddu trallod yn anfwriadol
- Gweithio ar y cyd â theuluoedd i gefnogi perthynas gadarnhaol â bwyd



Byddwch yn cael dealltwriaeth gliriach o fwyta cyfyngol (gan gynnwys ARFID), ei gysylltiadau ag awtistiaeth, a strategaethau realistig, tosturiol i gefnogi disgyblion. Byddwn hefyd yn archwilio dulliau a allai gynyddu trallod yn anfwriadol a sut i weithio'n gadarnhaol gyda theuluoedd.

Yn addas ar gyfer rhieni, gofawyr, staff ysgol a gweithwyr proffesiynol ADY, mae'r sesiwn hon yn hyrwyddo cymorth cynhwysol, sy'n cadarnhau niwroamrywiol sy'n blaenoriaethu lles, urddas a diogelwch emosiynol.

Ynglŷn â'r cyflwynydd

Mae Sian Taylor yn Ddietegydd Arbenigol Clinigol yn CAMHS ym Mwrdd Iechyd Prifysgol Aneurin Bevan. Mae hi'n integreiddio arbenigedd dietegol o fewn timau amlddisgyblaethol i gefnogi plant a phobl ifanc ag anghenion iechyd meddwl cymhleth, gan gynnwys anhwylderau bwyta.

Sefydlodd wasanaeth ARFID pwrpasol cyntaf Cymru i blant yn 2021 ac mae'n cadeirio is-grŵp ARFID Cymdeithas Deieteg Prydain. Mae Sian yn angerddol am wella mynediad at gymorth arbenigol a magu hyder wrth gydnabod a chefnogi ARFID.

Mae Sian yn angerddol am wella mynediad amserol at gymorth dietegol arbenigol a meithrin hyder system gyfan wrth gydnabod a chefnogi ARFID.

I archebu lle defnyddiwch y ddolen hon:

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