PICA- Eating non-edible food

The eating of non-edible foods should be followed up with your GP- blood tests are usually considered.

It is very important to be aware that you should not allow your child to ingest toxic materials, and parental supervision will be required to remove risk. Offering alternative safe items for your child to bite or chew on may help. If your child ingests a toxic material, they will need to be taken to the hospital.

The number one priority in the management of child eating non-edible foods is to keep the person safe. This includes monitoring for:

* Dangerous items which may cause an immediate risk of serious harm or death such as choking, poisoning or gut perforation.
* Items that may cause long-term and chronic ill health, such as infections and blockages in the digestive system.

Guidance is based on the National Autistic Society (NAS) website recommendations, written by:

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