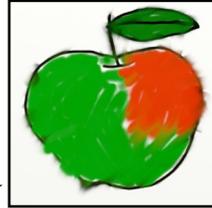


We knew the boys had acclimated to our home, that they trusted us, when they stopped hiding food in their high chairs. They knew there would be another meal coming, and they wouldn't have to fight for scraps. This was the new normal.<sup>1</sup>

When she arrived she was so traumatised she wouldn't eat a thing. As she settled with us, we realised that at nearly two years old she was still eating jars of baby food and not much else. It took a long time for her to trust us and even then, she was still reluctant to try anything new or any foods that required chewing.<sup>2</sup>

Kim calls us all into the dining room. [Rose] is there first, reaching up her arms and trying to climb into her high chair. I lift her in and as soon as she sees her plate of finger food on the table she reaches out her arms and starts to shout. She can barely wait to be strapped in... [She] is into it straightaway. She picks up a half grape in each hand and puts them both in her mouth at the same time. Then she pushes in a piece of breadstick and another. Her mouth is full and yet she hurriedly puts in another grape. She barely chews and then swallows great lumps of food down, just before more goes in. As her bowl becomes empty she shouts again and Kim replenishes it. The same hurried, anxious eating continues.<sup>3</sup>

We fostered a four-year-old who had never eaten fresh fruit before. Although he had never gone hungry, his previous diet had primarily consisted of crisps, biscuits and baked beans. When we introduced him to fruit he loved it, especially grapes. He would have eaten an entire bunch if we let him, but we had to limit them really carefully as his digestive system couldn't cope with them after so many years of processed food.<sup>4</sup>



Although we'll never know the full extent of all our newly adopted son had experienced in his early life, one thing we knew for sure was that food caused him extreme anxiety. It's likely he hadn't always been given food regularly, so when mealtimes approached or he saw food being prepared, he got deeply distressed. Our elder adopted daughter was really struggling with such huge changes in her life already, so it was understandable that these times of high anxiety made her even more upset too. Those early days were already so hard, but mealtimes became impossible.<sup>5</sup>

1. Russell Moore, *Adopted for Life* p. 39  
2. Foster carer (anonymous)

3. Sally Donovan, *No Matter What* p. 125  
4. Foster carer (anonymous)

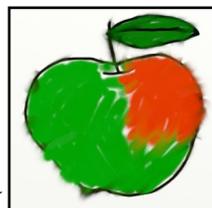
5. Marie, adoptive mum

We knew the boys had acclimated to our home, that they trusted us, when they stopped hiding food in their high chairs. They knew there would be another meal coming, and they wouldn't have to fight for scraps. This was the new normal.<sup>1</sup>

When she arrived she was so traumatised she wouldn't eat a thing. As she settled with us, we realised that at nearly two years old she was still eating jars of baby food and not much else. It took a long time for her to trust us and even then, she was still reluctant to try anything new or any foods that required chewing.<sup>2</sup>

Kim calls us all into the dining room. [Rose] is there first, reaching up her arms and trying to climb into her high chair. I lift her in and as soon as she sees her plate of finger food on the table she reaches out her arms and starts to shout. She can barely wait to be strapped in... [She] is into it straightaway. She picks up a half grape in each hand and puts them both in her mouth at the same time. Then she pushes in a piece of breadstick and another. Her mouth is full and yet she hurriedly puts in another grape. She barely chews and then swallows great lumps of food down, just before more goes in. As her bowl becomes empty she shouts again and Kim replenishes it. The same hurried, anxious eating continues.<sup>3</sup>

We fostered a four-year-old who had never eaten fresh fruit before. Although he had never gone hungry, his previous diet had primarily consisted of crisps, biscuits and baked beans. When we introduced him to fruit he loved it, especially grapes. He would have eaten an entire bunch if we let him, but we had to limit them really carefully as his digestive system couldn't cope with them after so many years of processed food.<sup>4</sup>



Although we'll never know the full extent of all our newly adopted son had experienced in his early life, one thing we knew for sure was that food caused him extreme anxiety. It's likely he hadn't always been given food regularly, so when mealtimes approached or he saw food being prepared, he got deeply distressed. Our elder adopted daughter was really struggling with such huge changes in her life already, so it was understandable that these times of high anxiety made her even more upset too. Those early days were already so hard, but mealtimes became impossible.<sup>5</sup>

1. Russell Moore, *Adopted for Life* p. 39  
2. Foster carer (anonymous)

3. Sally Donovan, *No Matter What* p. 125  
4. Foster carer (anonymous)

5. Marie, adoptive mum

