North East London CCG has recently updated their Vitamin D deficiency and supplementation guidance. It includes a useful formulary of individual Vitamin D preparation; gluten, lactose, alcohol and nut free preparations listed, vegetarian, Kosher and Halal preparations. See [https://gps.cityandhackneyccg.nhs.uk/prescribing-guidelines/vitamin-d-deficiency-pathway-children](https://gps.cityandhackneyccg.nhs.uk/prescribing-guidelines/vitamin-d-deficiency-pathway-children)

### Vitamin D deficiency (less than 25nmol/L)

<table>
<thead>
<tr>
<th>Duration</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5 months</td>
<td>3000 units daily for 8 weeks (up to 12 weeks smts)</td>
</tr>
<tr>
<td>6 months – 11 years</td>
<td>6000 units daily for 8 weeks (up to 12 weeks)</td>
</tr>
<tr>
<td>12-17 years</td>
<td>10,000 units daily for 8 weeks (up to 12 weeks)</td>
</tr>
</tbody>
</table>

### Vitamin D Insufficiency (25-50nmol/L)

<table>
<thead>
<tr>
<th>Duration</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maintenance therapy</td>
<td>400-600 units daily</td>
</tr>
<tr>
<td>Vitamin D rich foods include salmon, sardines, herrings, mackerel, egg yolks, red meat, liver, infant formula, yoghurts, margarine, some breakfast cereals</td>
<td></td>
</tr>
</tbody>
</table>

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**Do you know what interoception is?**

“Interoception is an internal sensory system in which the physical and emotional states of the person are consciously or unconsciously noticed, recognised and responded to,” writes Dr Emma Goodall, autistic author and research fellow, “For example:

- a person notices their stomach is rumbling and they have a pulling sensation in their abdomen
- they recognise this as signalling hunger
- they respond by eating something.”

We need this system to know when to go to the toilet but also to be aware of our emotions and autistic people may have reduced interoception. She gives a personal example:

“when I am overwhelmed I am much more easily distressed by small sensory things. I often have no idea what emotions I am experiencing. When in this state, I am less able to self-regulate my emotions as I am not aware of the emotion that is developing and so cannot respond helpfully. This means anxiety may skyrocket.”

**Around 35% of people experiencing an eating disorder may have autism spectrum condition (ASC), or present with high levels of autistic traits.** [https://peacepathway.org/](https://peacepathway.org/) (PEACE = Pathway for Eating disorders and Autism developed from Clinical Experience)

**DLD is a significant difficulty learning, understanding and using spoken language, with no identifiable cause. DLD often has shared features with autism but is distinct in key ways. Here are 5 facts about DLD:**

1. DLD is a hidden disability. Grammar, semantics, pragmatics and verbal memory are some of the areas that may be impaired in people with DLD, but these are not always obvious to the non-specialist.
2. DLD is common. Several studies have put prevalence at around 7%.
3. DLD emerges in early childhood but persists into adulthood.
4. DLD matters. It can affect social and emotional wellbeing as well as success at school and work.
5. DLD often occurs alongside other problems like ADHD, speech sound disorder and dyslexia.

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**Autism and Eating Disorders Workshop**

**Date:** Thursday 3rd November

**Time:** 13:30 – 17:00

This workshop will be held virtually and we have an Early Bird ticket price of £35! So don’t miss out and sign up soon!


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**INFANT FEEDING RESOURCES**

Useful resources (leaflets & videos) to help with breastfeeding your baby:

- [https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/](https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/)
- [https://globalhealthmedia.org/videos/breastfeeding/](https://globalhealthmedia.org/videos/breastfeeding/)
- [https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/](https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/)

**Formula feeding**

It is important to wash and sterilise equipment as per current guidance.

UNICEF recommends that bottle fed babies are responsively fed. Pace the feeds and limit the number of people who feed your baby. Useful information can be found here: [https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/](https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/)

See FAQs and information from First Steps Nutrition Trust: [https://www.firststepsnutrition.org/parents-careers/](https://www.firststepsnutrition.org/parents-careers/)

Use Stage 1 formula throughout the first year of a baby’s life. All first infant formulas have similar nutritional compositions to comply with legislation.