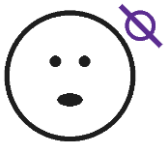
What is Pica?

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

What is pica?



Pica means eating things that are not food.
Like dirt, paper, or small objects.

This can be dangerous

Some items can hurt or poison the body.

Call for help fast if someone swallows something unsafe.

How to help

Keep unsafe items out of reach.

	Offer a safe object to chew instead.

	Ask a doctor to check for the cause.

Remember

	Pica is not naughty behaviour. It needs safety and support.