

SENSORY STRATEGIES FOR FUSSY EATERS

Have fun with food

Play with food, make pictures and models with food items, paint with sauces, thread pasta, sort food by colour, shape or size.



Eat new foods in the child's company, use positive descriptions of the food, ie. it's crunchy, yum, it's juicy. Have a communal plate available to let child help themselves.



Allow mess, avoid constant wiping. Calorie intake is more important than healthy eating.

Exploring new foods

Work through each of these stages with all new foods you would like your child to try. Only move onto the next stage when the child is comfortable with the previous stage.



Touch it



Smell it



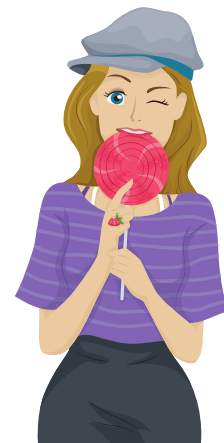
Kiss it



Lick it

Try to introduce new foods that are similar to those that the child already eats.

Bite it



Predictable foods

Home cooked food tends to be less predictable than tinned, ready made meals.



Reduce demands if expecting child to eat new foods, allow eating with fingers, TV on or not sitting at the table.



Celebrate trying any new foods even if they are not healthy.

