



FEEDING THERAPY
The Treatment and
Learning Centers

TIPS FOR FAMILIES WITH PICKY EATERS

Tip 1: Start with small tastes

Trying new foods in smaller doses might help children to be more receptive.

Tip 2: Encourage play with foods

It's fun! Playing with foods increases curiosity and gives children a sense of control.

Tip 3: Use positive words at mealtimes

Positive language boosts confidence. If children are confident, they will be willing to try new tastes and textures and eventually a full meal!

Tip 4: Understand when your child says "NO"

Showing children that you respect their choices leads to more enjoyable mealtimes. Less pressure equals more willingness to try foods.

Tip 5: Praise your child for trying new foods

Children are often motivated by praise. When you commend them, they will likely continue to be more adventurous with foods.

Tip 6: Eat with your child

Family mealtimes provide opportunities for you to be the perfect example for your child especially when exploring new foods.

Tip 7: Be patient with your child

According to Dr. Kay Toomey's Steps to Eating Hierarchy, there are 32 steps to eating! Feeding therapy can help your child move up these steps and become a healthy eater.

Tip 8: Introduce a variety of foods in different ways

Children will learn that new foods can be combined with others to create new tastes and textures.

Tip 9: Set healthy mealtime rules

Mealtime rules set expectations and prepare children to engage with foods on the table. You can make rules like "food stays on the table."

Tip 10: Have your child cook with you

This can make eating a more delightful experience! Children are more likely to eat meals they make.

Tip 11: Introduce new foods often at mealtime

Children will learn there are many things they can try. If they had chicken, rice, and carrots today, you can switch the carrots tomorrow.

**Questions?
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