

What can you do at home?



- Be a model for good feeding behaviours and have family meals together regularly
- Include your child in preparing meals (e.g. get them to do the stirring, pouring etc), serving and cleaning up.
- Eliminate any distractions while you're eating (e.g. turn of the tv, music, ipad).
- Talk about the sensory properties of the food you are eating (what it looks like, how it feels, is it a big or small smell, etc.)
- Make feeding and mealtimes an enjoyable and fun! We want to create positive experiences and interactions with foods. Let them explore the foods without the pressure that they will have to eat it.
- Try to create a schedule and stick to the same meal times
- Always have at least one preferred food at each meal
- Have several foods on the table to increase exposure
- Avoid criticizing or forcing the child to eat
- Provide verbal praise and reinforce any positive feeding behaviours