



made2move:therapy4kids

Picky Eaters

What's in a name?: Picky Eaters, choosy eaters, selective eaters

Determine:

- Developmental (for babies) -
 - 0-4 months - bottle or nipple
 - 4-6 months - baby cereal
 - 6-10 months - Stage 1 and 2 - veggies and some dinners , limit fruit because of sweet factor, crackers, biter biscuits
 - 10-15 months - Stage 3 and mashed table foods
 - 15 months - table foods - aware of choking hazards
- Behavioral
 - Control issue
 - Family dynamics
 - Medical issue - Visually impaired cannot see food, G tube - may not experience hunger, NG tube - tender throat, frequent ear infections, swollen adenoids, and yeast infection in mouth
- Sensory
 - Food - texture, temperature, taste or smell
 - Oral motor weakness - difficulty coordinating mechanics of mouth

Document: Keep a food record so see if a pattern emerges

- What? - make a list of everything the child will eat
- When? - List under what conditions, locations, setting
- How? - cold/hot, smell, chew, swallow, lick

FUN FUN FUN - Eating should be fun

- Make the food fun by using cookie cutters, melon scoop, food faces
- Rename the food based on child's favorite character or TV show
- Dinosaur world of plant eater -vs- meat eater
- Social story - create a story about the food and mealtime
- Cook for the day- have child help in the kitchen
- Tastebud treat - have kids explore sweet, sour, bitter, salty
- Play dates around food
- Electric toothbrushes to desensitize
- Meal calendar - with pictures of upcoming food

Consistent Expectations

- Consistent mealtime routines
- Allow child to make choice between 2 or 3 foods
- One bite rule
- Place favored or preferred food along side of new or undesired food
- Introduce new foods daily and reintroduced weekly for undesired - tastebuds change
- Limit milk, soda and juice - offer water, especially before meals so the child will not fill up on liquid
- Explore sugar free popsicle before meals to "numb"
- Offer choice at dinner table for 20 minutes. After 20 minutes, wrap up food for a snack later on

<http://www.sensory-processing-disorder.com/activities-for-picky-eaters.html>

Evidence Based Research:

Fraker, C., Walbert, L., Cox, S., Fishbein, M., & Barker, S. C. (2007). *Food chaining: The proven 6-step plan to stop picky eating, solve feeding problems, and expand your child's diet.* New York: Marlow and Co.

Resources:

