

Tîm Camau Bach Tips for Food Issues



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- Rule out any medical problems: Tummy troubles? Dental problems?
- Try some movement and deep pressure activities prior to eating. This will help calm any sensory issues and aversions that your child may be experiencing. Try using a therapy ball prior to mealtimes.
- Try keeping a food diary so that you can see exactly what your child has eaten. Include drinks.
- Try blowing bubbles, chewing gum, both activities that prepare your sensory system and help to calm and focus your body. Try this at least 10 minutes before food time and often through the day.
- Try to make sure you have mealtimes together at the table, not in front of the television or whilst playing I pad.
- Look at your child's posture!! Do they need support to sit comfortably? Is he/she well supported in a chair? Good posture helps us to swallow well and digest food.
- Build acceptance to new foods through very gradual exposure. No magic wand to encourage children to eat new foods I am afraid. It has to be very slow and over a long period.
- For instance, if your child does not like e.g. apples? Spend time looking at apples, touching an apple with a fork, touching with kitchen paper, then with fingers. Make it game!! Plenty of praise needed and reassurance that the food does not need to be eaten, just looking at it.
- Have set mealtimes and stick to them. This will help your child's body become used to eating and expecting food at certain times. Eliminate snacks like milk and juice in between meals.
- Expand what your child will already eat. For instance, if he/she likes cheese, try buying/making other dishes which have cheese in them and cheese in different mediums e, g grated cheese, Dairy lea so similar food/taste but different texture.
- Really important to give your child what he/she wants to eat to keep calories up but offer some of the food you are eating at mealtimes on small side plate?
- The idea is he/she tolerates it next to them to start and slowly build up his skills.
Try using the steps below:
 - Touch the food with a fork, paper towel, then fingers
 - Pick the food up to smell the food
 - Maybe take to his mouth
 - Lick the food
 - Place food in mouth.
 - Then look at small steps for chewing, swallowing.
- As you can see there are lots of steps to go through for encouraging eating and it will be an ongoing process at your child's pace,



- Packets and brands - Some children will only eat e.g. Asda pizza in a particular box. Not sure if your child has this preference when you have been shopping try placing foods in storage containers so that your child doesn't get hooked on the packet appearance!! This will help them to tolerate different tastes from a variety of brands. Remember above we mentioned gradual exposure.
- Big thing is to make food fun!!! And not to get hooked on retaining your control over the food. Allow your child to go at his/her pace and be comfortable. Reminder he/she may well be scared of the texture and the feel, or have a fear over the process of eating?
- Try some cooking at home with your child and involve them in preparation for mealtimes.



- Encourage your child to come food shopping. If this is not possible what about online food shopping so they can choose what they want.
- Try messy play with different textures to get used to the feel of different textures. Look on Pinterest. Messy Science Play. All these activities may interest your child and will enable him/her to increase his tolerance to texture.

Some ideas:

