

Top tips for healthy eating

1 Reduce emotions

Try to keep as little emotion around food as possible. The calmer the environment the more likely your child is to eat.



2 Seek medical advice

If you're concerned, seek advice from your GP to rule out any physiological difficulties or deficiencies.



3

Posture

Ensure your child has good posture when eating.

4

Routine

Create a routine around mealtimes and be consistent.



5 Create a sense of calm

Practice deep pressure input before mealtimes so that your child is in a calm state to process new tastes and textures.



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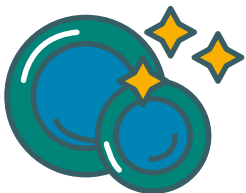
Take your time

Introduce new foods slowly and try not to respond to negative reactions around new foods.

7

Big plate, small plate

Have your child's accepted foods on their usual plate and then have a small plate with a new food that you want to introduce.



8

Messy play

Play with a variety of foods and have no pressure around eating it.



9

Try to avoid fixation on brands

Peel labels off foods and where possible unbox food out of sight of your child.

10

Make foods more interesting

Make them into shapes or colours that the child is motivated by.

