

# Is your child a picky eater?

## Red Flags

your child may benefit from Feeding Therapy with an Occupational Therapist

### ► Beige Food Diet:

- Your child has a pattern of eating mostly plain, beige-colored foods such as white bread, pasta, chicken nuggets and French fries

### ► Dropping foods:

- Your child was once a more adventurous eater and around 2 became much more limited and stopped eating foods they once ate.

### ► Eats less than 20 different types of Foods:

- Very brand specific
- Your child will only eat one type of yogurt or only McDonald's chicken nuggets

## Meet our new Occupational Therapist



### Welcome To Small Talk Jessica!

Mealtime is a family affair and should be a pleasurable, social event creating time for connection and togetherness. Helping a picky eater at mealtime can be stressful for everyone involved, turning what could be meaningful family time into a chore.

Our new Occupational Therapist, Jessica, specializes in helping take the hard work out of the home and provide initial strategies to immediately start to implement.

### Strategies Families Can Implement At Home



When having mealtime together **serve your picky eater their safe foods and then try even a tablespoon of something that the rest of the family is eating.** Ideally putting this on their plate but if that's too much start by using a side plate.



Parents/Caregivers use phrases like **"Lets learn about carrots today"** to take the pressure off that they are going to have to try a food.



**Allow your kids to get messy** at mealtime and resist the urge to wipe their face while they are eating.



**Try food chaining.** This concept is building on the "safe foods". Finding a food that is very similar but slightly different. For example, if one of your child's safe foods is a waffle that you cut in strips maybe try French toast sticks. If that's too much initially, maybe simply try cutting that waffle differently than the child typically demands.

[To schedule a screening with Jessica call here](#)

“

Children need at least one person in their life who thinks the sun rises and sets on them, someone who **delights in their existence and love them unconditionally.**

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## Do you have a friend with questions or concerns?

We are here for them too!  
Please share the link below.

[Book a 15 Minute Complimentary Consultation](#)

*Lisa Findling + Tina Sappington*