**Suggestions for Picky Eaters**

**“Around the Bowl” and “Crumbing”**

**Around the Bowl**

* Place a small amountof a new food around the edge of a bowl of a favourite food.
* Give some spoonfuls of the favourite food and then add a bit of the new food to the spoon.
* Gradually add more of the new food to the spoon as tolerated by the child
* Alternate spoonfuls of favourite food with favourite food plus new food.

**Crumbing**

* To help build tolerance for texture, add small amounts of crumbs to purees to gradually increase texture
* Gradually increase the size of the crumbs
* Use crackers, cookies, graham crackers, crushed cheerios – avoid bread as it sticks together