**Suggestions for Picky Eaters**

**Sensory Preparation**

Many picky eaters have sensory processing difficulties. Some “over register” input and others “under register input”. Some children prefer strong flavours to bland baby foods. Others are very sensitive to the smell of food. And others still are sensitive to the texture of foods, even to touch on the hands. Generally, sensory input helps to balance the sensory system.

## Oral Stimulation

## Wipe child’s face towards the mouth to stimulate muscle fibers and sensory system

* Vibration – Try an electric toothbrush or vibrating toy
* hot/cold – try a frozen teether or a freezy, try warming up some foods

### Smell

### Encourage child to smell foods

* try scented markers or stickers
* try other non food scents
* use a lidded cup if child is overly sensitive to smells

### Touch

### Encourage child to touch foods

* provide lots of tactile input through play

 e.g. play dough, sand, whipped cream

**Taste**

* allow tastes without expectation to eat

**Movement**

* Use movement to prepare child for sitting and concentrating,

 and to relieve tension

* as a reward

**Familiarity**

* Don’t expect a child to try new foods in unfamiliar or stressful environments. E.g. If the child goes to school, let him have his comfort foods at school and work on new foods at home.