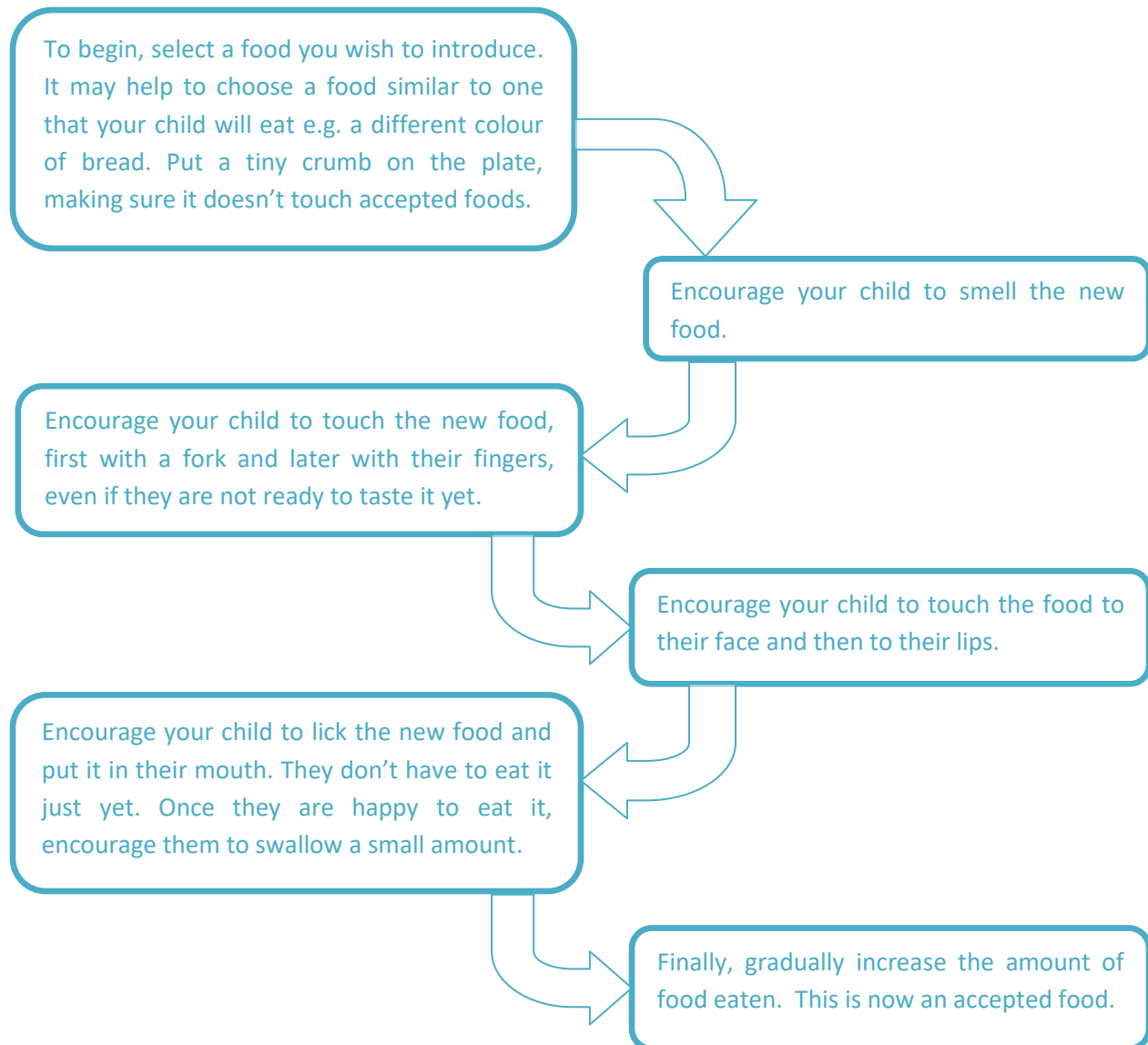


MY CHILD HAS A LIMITED DIET HOW CAN I INTRODUCE NEW FOODS?

If your child has a limited diet due to selective eating, this approach may help.



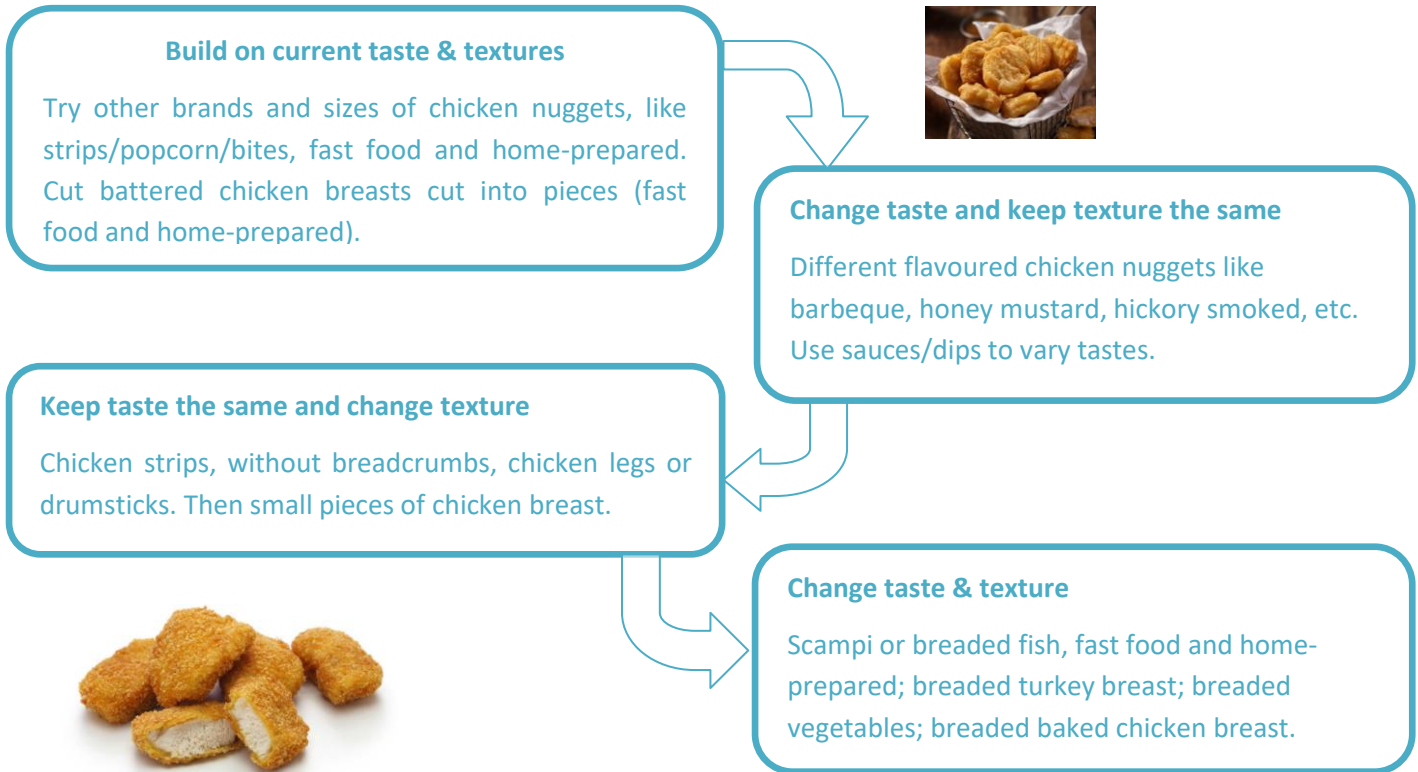
Remember to take each step slowly and at your child's pace.

It may take some children several weeks to several months to increase the number of foods accepted.

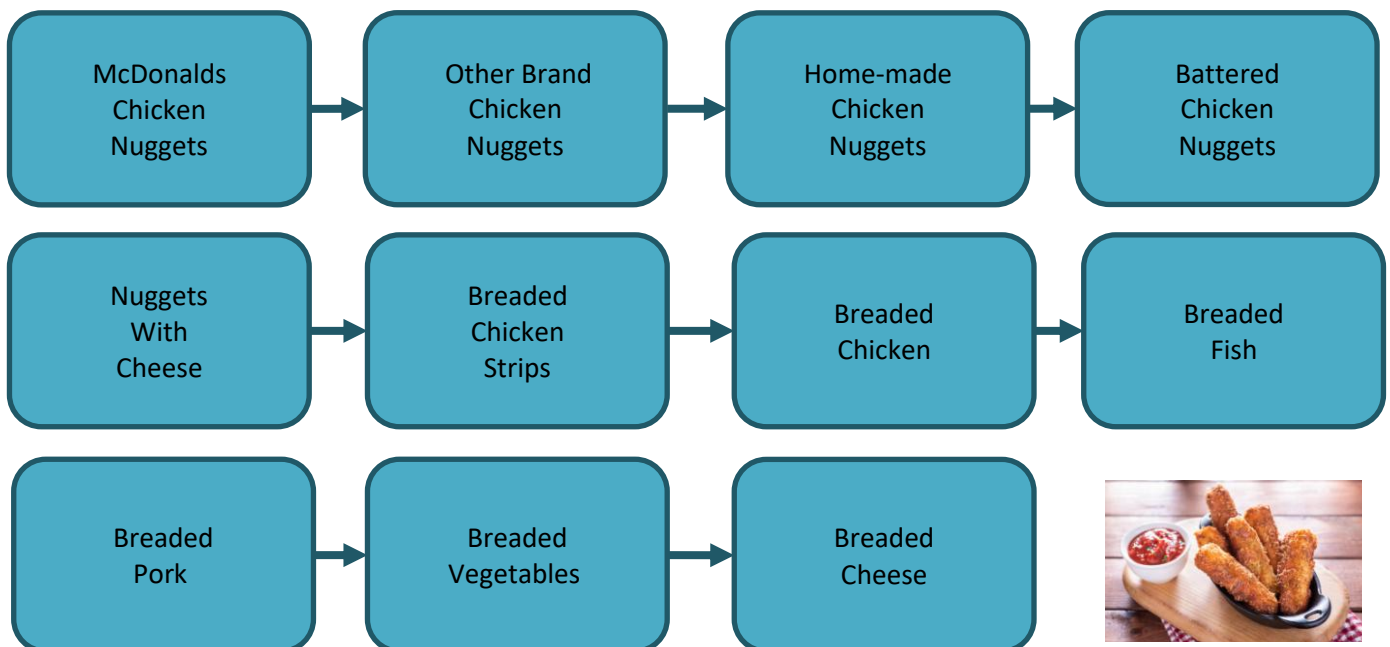
FOOD CHAINING

A food chain has four links that build on each other. By working through each link of the chain, your child will build on successful changes.

For example, if a child accepts chicken nuggets, a chain might look like this.



Example: A child who loves McDonald's Chicken Nuggets



MEALTIME TIPS FOR PARENTS

Children with selective eating often respond well to routine.
Try to keep mealtimes regular.

Keep the environment quiet and relaxed.

Set the table. Try to arrange food on the plate in the same way each mealtime.

If your child doesn't like foods to touch on the plate, you could consider a divided plate or even putting smaller bowls of each food on a larger plate.

Try not to offer too many foods on the plate. Keep portions sensible.

Don't let your child fill up on fluids through the day.

Give praise when your child eats well and try not to comment if they don't.

Avoid putting pressure on your child to eat foods they are not happy to try.

If they enjoy it, it can help to involve children in food preparation.

Young children may also enjoy messy play and making food into shapes.

If your child is sensitive to smells, it may help to eat away from the kitchen.

If your child is older, they may respond well to having information about healthy eating.

