

MEAL TIME FUN!



Making pictures with different foods is a fun way to build up to your child accepting foods orally. Sometimes kids need more time to process (touch, feel, smell) than others before they are ready to taste a new food. Here are a few fun ideas to try this week with some inexpensive snacks you may have at home!

5 Things to Remember before trying activities:

1. Have a WET and DRY cloth on hand. Some kids can only tolerate the feel of the food for short periods of time. Look for unhappy signs, but remain calm and give positive words.
2. Go SLOWLY!!! A child with a sensory disorder or feeding aversion cannot be pushed too much. Find a balance that works for you, your child, and others at meal times.
3. Think and Speak POSITIVE Words!
4. Consult the OT and/or the SLP who is a part of your team from the Auglaize CBDD.
5. Experiment! Try more than once... repetition is the key to your child learning!!!

Fun with Fruit Roll-Ups:

1. Use the sheets of fruit as a background on a picture. Spread the roll out on construction or wax paper. Use blue to represent water and stick fish crackers on the sheet.
2. Cut shapes out of sheet and create items... Green strips for flower stems or circles for wheels.

Playing with Pretzel Sticks:

1. Break the sticks in half. This is a simple activity which allows your child multiple opportunities to engage with food before tasting.
2. Use the broken sticks as hair on an art page or stick them into small cubes of cheese and pack them in other family member's lunches.

FOOD ITEM	TEXTURE	SMELL	TASTE
Fruit Roll Ups	Sticky, Wet	Varying	Varying
Pretzel Sticks	Dry, Bumpy,	None	Salty
Cheerios	Dry, Crumbly	None	Bland, Dissolve Easily