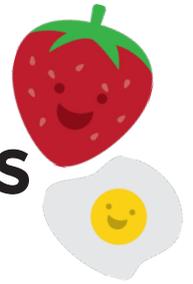




Picky Eating Tips & Tricks

Noelle Ziereis, Occupational Therapist



Do you have a picky eater at your table? There can be a number of reasons contributing to picky eating - sensitivity to the look, taste, smell, and texture of food, weakened muscles of the mouth impacting the ability to chew foods, behavior and anxiety associated with trying new foods, or an attempt to control the feeding environment.

HERE ARE SOME TIPS & TRICKS TO TRY AT THE TABLE TO HELP YOUR PICKY EATER:



1. Make meal time positive and offer your child choices to make them excited to eat!

Engage in pleasant conversation at the table, give your child a choice of the fruits/vegetables/meats/recipes to try at each meal, and allow your child to watch you having fun and enjoying your food!

2. Eating doesn't just involve the mouth! Play and explore the food with all of your senses.

Touch the food, kiss the food, lick the food, bite the food, and be silly with food during meal times. You can also use raw fruits and veggies like a paint brush to paint a picture, push cars through pudding, crush and squish food with fisher price animals, etc.

3. Involve your child in the kitchen.

Have your child help you pick out and gather ingredients, cut, mix, measure, and pour ingredients into a dish, and taste test the recipe along the way while it's being made. Having your child involved in the kitchen allows them to see the individual ingredients used in the meal and gives an opportunity to explore them without demands of eating!

4. Make eating fun with a game board plate!

You can use a winner dinner plate during meals to alternate preferred foods with novel or unpreferred foods to make eating fun!



Winner Dinner Plate on Amazon! <https://amzn.to/3u0A9fj>

5. Don't stress!

If your child doesn't want to engage with a new food on the first time it's offered, that's okay! Don't have high expectations for your child to eat the food on the first try (or first few tries)! Allow your child to explore the new food without too much pressure to eat it as that can contribute to a negative experience and make it less likely for them to explore the food later. Continue to offer the food during meals as it may take a few introductions before they're ready to eat it.



Noelle Ziereis
Occupational Therapist

Undergraduate Degree
Psychology
University of Wisconsin - Oshkosh

Graduate Degree
Occupational Therapy
University of Wisconsin - Milwaukee

Years of Experience
3 years

Specialty Interests
Zones of Regulation Curriculum,
Sensory Integration Dysfunction,
Neurodevelopmental Treatment and
Brachial Plexus

Philosophy
My philosophy is to use a client-centered approach and the value of occupation to bring meaning and purpose to the daily lives of the clients I serve, their families and the communities they live in to promote their mental, physical and emotional health and quality of life.

CP Therapy Services focuses on occupational, physical and speech-language therapy for infants, children and adults.

Our highly-regarded team of experienced therapists offer exceptional care to every client, while working closely with families and care providers to ensure each individual maximizes their potential.

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