



5 FOUNDATIONS OF MEALTIME

1. Eat together and serve everyone the same foods when possible.
2. Minimize distractions during meals.
3. Model positive behaviors you want your child to imitate.
4. Ensure proper positioning at the table.
5. Keep offering foods you want them to eventually eat.

KEY TAKEAWAYS

- Keep serving sizes very small.
- Always offer something familiar on the plate – eating begets eating!
- You provide, child decides.
- Avoid bribing, bargaining or threats to “get” your child to eat.
- Make sure your child is exclusively feeding themselves.

FEEDING THERAPY STRATEGIES:

- Novelty
- Food play
- Multiple positive exposures
- Variety
- Changing containers/brands
- Divided plate vs. food touching
- The crunch factor
- Dips and dippers
- Bite sizes
- Taste testing
- Deconstructing foods
- Food chaining

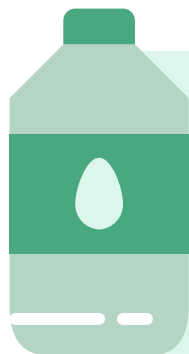
NUTRITION:

PROtein + PROduce

with each meal

Add a starch and something containing fat

3 meals
+ 2-3 snacks per day



HYDRATION:

- 4-8 years: 7 cups (56 ounces)
9-13 years:
- Girls: 9 cups (72 ounces)
- Boys: 10 cups (80 ounces)

SUPPLEMENTS:

600 IU vitamin D
per day