



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.
- Allow your child to feed themselves – yes, it will get messy!

NUTRITION:

PROtein + PROduce

with each meal

Add a starch and something containing fat

3 meals
+ 2-3 snacks per day

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

HYDRATION:

Hydration: 4-6 cups of fluid per day (including water, milk, etc.)

SUPPLEMENTS:

600 IU vitamin D per day

CHOKING HAZARDS FOR KIDS UNDER 4:

- **Modify:** hot dogs, whole nuts, whole grapes/cherries/cherry tomatoes, raw carrots and celery, raw apples or hard pears, hard dried fruit, whole marshmallows, whole olives, large chunks of hard meat or cheese
- **Avoid:** whole large seeds, popcorn, hard candy, gummy bear candy, sticky candy, gum, hard chips