



E.A.T.  
Speech Therapy

Picky eating is a normal part of toddler development. Making meals EASIER can stop picky eating snowballing into longer term issues.



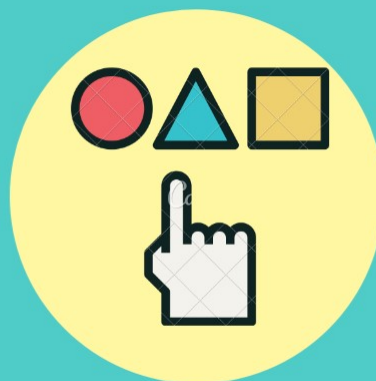
E.A.T.  
Speech Therapy

# EASIER FAMILY MEALS!



## ENJOY

meals together as a family as much as possible, especially buffet style



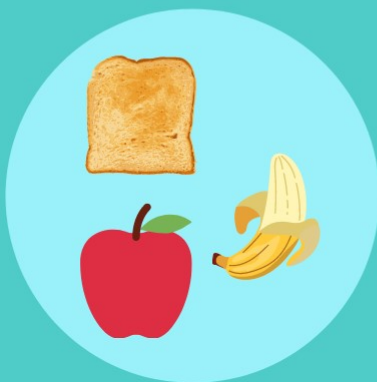
## ALLOW

your child to choose if they eat a food and how much of it they eat, once the food is served, this helps to build trust.



## SCHEDULE

space meals and snacks at least 2.5-3 hours throughout the day to build appetite.



## INCLUDE

preferred and non-preferred foods in the meal this helps to build confidence to try new foods.



## EXPLORE

food in a variety of ways e.g. present in different shapes/with different foods, involve your child in cooking/shopping, play with food.



## REMOVE

pressure tactics e.g. take one more bite, finish what's on your plate, you can't have x until you finish your greens...

**If your child finds mealtimes frequently stressful, coughs/gags or eats less than 20 foods they may require specialist support. Contact [info@eatstherapy.co.uk](mailto:info@eatstherapy.co.uk) for a free 20 minute consult.**