

Eating is Complicated!

Eating is a complex task. There are a lot of ways children are naturally exposed to foods. Children with sensory sensitivities can be very good at avoiding exploration of foods, which severely limits their diet. The following explains how complex taking a bite of food really is!

If you have a child with food aversions or a “picky eater” please consult your medical doctor or your Occupational Therapist for more structured intervention.

Before We Eat

We need to be exposed to foods

Being in the same room

Being at the same table

Being on the plate

We need to play with our food

Food preparation

Using utensils to touch /stir /play with foods

We need to tolerate smelling the food

Across the room

At the table

On the plate

Picking it up to sniff

We need to touch our food

One finger, multiple fingers

Whole hands, arms, shoulders, chest neck

Forehead, chin, cheek, nose

Lips, teeth, tip of the tongue

Now we can eat!

Lick food

Bite a piece (and spit it out)

Bite a piece (hold it in mouth for a few seconds, then spit it out)

Bite a piece and chew it a couple times (and spit it out)

Bite a piece, chew it and swallow a little (spitting some out)

Bite a piece, chew and swallow