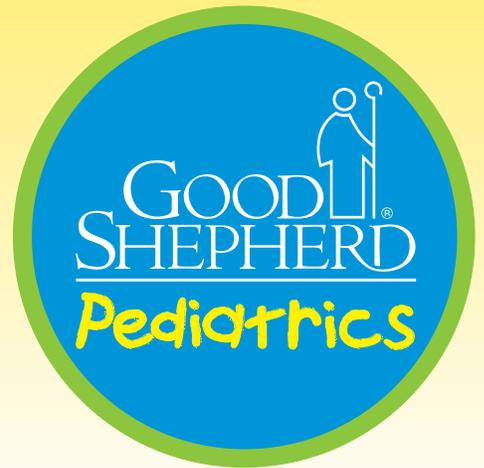


A Recipe for Success

Tips to Help Picky Eaters



Get kids involved in cooking

Children as young as one enjoy helping to add ingredients into a recipe. Kids take pride in what they have helped to make, which can encourage them to try different foods.

Keep it positive

Imagine how you would feel if someone tried a food in front of you and said, "Gross!" You might not want to try it either. Kids look to parents first for their reaction and learn from you. Try saying, "This is sweet/sour," or "This food tastes like ____." when trying foods and describing them.

Encourage family meals

Kids are exposed to many different smells and sights of food by seeing what the family is eating. This setting is another great place to model eating foods for your child.



Explore food

If your child is scared to try a new food, have them smell, touch or lick it. Sometimes making the challenge easier will get children to try new foods.

(Adapted with Copyright Permission from Dr. Kay Toomey's SOS Approach to Feeding program - www.sosapproach.com)

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Does My Child Have a Feeding Problem?

Please check Yes or No to the following questions. When you are done, you can add up the checks in the 'Yes' column to help determine if your child would benefit from more support at mealtimes.

	YES	NO
1. My child usually eats different foods than the rest of the family, including their brothers or sisters.	<input type="checkbox"/>	<input type="checkbox"/>
2. My child does not sit with the rest of the family at meals. They eat at a different time or in a different place.	<input type="checkbox"/>	<input type="checkbox"/>
3. My child only eats: <ul style="list-style-type: none"> • Meats such as chicken nuggets, fish sticks, hot dogs or bologna • Fruits that are pureed, like applesauce • Vegetables that are pureed and served in a pouch 	<input type="checkbox"/>	<input type="checkbox"/>
4. My child refuses to eat any of the following whole groups of foods: <ul style="list-style-type: none"> • Other meats, like pork chop, chicken breast or steak • Cubes or sticks of vegetables, such as broccoli, carrots or bell peppers • Cubes or sticks of fruit, such as berries, melon and bananas 	<input type="checkbox"/>	<input type="checkbox"/>
5. My child refuses to eat OR will only eat: <ul style="list-style-type: none"> • Foods that are pureed and require a spoon • Crunchy snack foods • Two foods mixed together, like sandwiches, pizza or macaroni and cheese 	<input type="checkbox"/>	<input type="checkbox"/>
6. My child only eats 'kid food', like chicken nuggets, crunchy snack foods (chips, Goldfish crackers, pretzels) and French fries.	<input type="checkbox"/>	<input type="checkbox"/>
7. My child cries, screams, gets angry or leaves the table if a new food is offered (vs just being fussy).	<input type="checkbox"/>	<input type="checkbox"/>
8. My child eats less than 20 different foods.	<input type="checkbox"/>	<input type="checkbox"/>
9. My child has difficulty gaining weight and/or is below the 10th percentile on the growth curve.	<input type="checkbox"/>	<input type="checkbox"/>
10. My child frequently chokes, coughs or gags during meals.	<input type="checkbox"/>	<input type="checkbox"/>
11. My child only eats while watching TV, playing on an iPad, when playing with toys or while reading.	<input type="checkbox"/>	<input type="checkbox"/>
12. Mealtimes are stressful for our family and we frequently feel frustrated that our child isn't eating the healthy food we want them to.	<input type="checkbox"/>	<input type="checkbox"/>
13. My child had difficulty transitioning to solid foods as a baby/toddler. <ul style="list-style-type: none"> • Did not accept baby food purees by 10 months • Did not accept table food solids by 12 months • Was not weaned off baby foods by 16 months 	<input type="checkbox"/>	<input type="checkbox"/>
14. My child has ongoing problems with vomiting, reflux, constipation or respiratory challenges.	<input type="checkbox"/>	<input type="checkbox"/>
15. My child gets bored and stops eating foods that they used to live off.	<input type="checkbox"/>	<input type="checkbox"/>

Total number of 'Yes' answers _____

- If you checked YES 0-3 times, your child is likely a typical eater.
- If you checked YES 4-7 times, your child may be a "picky eater." You should continue to monitor your child's eating habits and speak with your child's physician about your concerns and whether being seen by a feeding specialist and/or registered dietitian might be helpful.
- If you checked YES more than 7 times, your child may be a "problem feeder." You should talk to your child's physician about your concerns and request a referral to a feeding specialist about how to address your concerns.

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