

Tips & Tricks for Child Feeding

Your child may not feel hungry but you can help encourage them to try new foods using the following skills:



PRAISE

Praise your child anytime they interact with the food, even if they aren't eating it. Praise them for touching, licking, and even playing with the food. Any interaction with food is good! When you give your child positive attention, they are more likely to do that behavior again. Praising them for interacting with the food increases the chance they will eat the food in the future. Here are some examples of ways you can praise your child:

"Nice job holding the spoon!"

"I love seeing you lick the apple sauce!"

"Great job touching the oatmeal!"



IMITATE

Your child looks to you to learn how to do new things! When they watch you smile, they smile back. When they watch you lick the spoon, they will try to lick the spoon. Model these eating behaviors to your child and show them how eating is fun! Here are some examples of ways you can imitate eating behaviors with your child:

Lick the spoon and say "yummy!"



HAVE FUN

This can be really hard to do when your child is having a hard time eating. But, when you are having fun, your child is more likely to have a positive mood during the meal/snack. Identify coping strategies you can use during mealtime/snack times to make them less stressful and more enjoyable for you and your child. Here are some ideas:

Play upbeat, fun music during the meal

Take a few deep breaths when you notice yourself getting stressed

Visual Daily Feeding Schedule



Choose what times you will give a meal/snack during the day & set an alarm on your phone to remind you when it is time.



Present the food for 15 minutes even if your child does not seem interested in eating.

Day:			
Time	Food	What went well?	✓