

Feeding



Children can be fussy eaters at different times, again often related to the different experiences in their lives. Children with additional needs can often restrict their own foods due to sensory preferences or in a bid for control. Knowing how to manage this can be difficult especially if communication is more difficult. There are no quick fixes with eating. It is important to be consistent and remember these things can take weeks or months to change a habit.

OT tips: When developing cutlery skills use different shaped and material cutlery and allow children to play with them at all times, not just at meal times. Practice those fine motor skill games, lots of pinching and using fingers to feed is ideal when starting to wean.

Below is a link to the general NHS advice for younger children who are fussier with their food. There are elements of this that will be useful for children with additional needs as well.

The second link is to the National Autistic Society advice and this can be used for a range of children not just those with Autism. It contains helpful hints and a step-by-step guide of advice.

<https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/>

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating>

<https://mamaot.com/fine-motor-activities-using-household-items/>

[Supporting autistic people with eating difficulties \(autism.org.uk\)](https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating)