



TOP TIPS - Creating A Positive Feeding Experience



How we talk to our children during meals is very important!

Words used should be “**TEACHING WORDS**” – to help our children learn what they need to be doing at meals.

“YOU CAN” Change your questions to ‘You Can’ sentences.

For example instead of ‘Joey, can you eat the peas?’ say

‘Joey **you can** eat the peas!’

“YOU CAN”

- ❖ shows confidence that your child can do the task
- ❖ avoids interruption of asking a question
- ❖ avoids possible power struggle when a question is asked.

If your child replies to ‘**you can**’ with ‘no, I can’t’

you can say ‘when you are ready, I believe **you can**’.

This prevents a power struggle.

Talk about others ‘**can**’ too. E.g. ‘**Dad can** eat peas’ or ‘**We can** eat peas’.

Choice Questions: These can be used before eating begins, e.g ‘would you like a apple or a biscuit?’



USE “TEACHING WORDS”

- ❖ Focus on teaching your child about the sensory properties of the food (crunchy, squishy, spicy, sour, smooth, bumpy...)
- ❖ Focus on teaching your child about the mechanics of how food breaks apart/ moves AND how it is similar to already known food (“Look, the wotsits melts on your tongue. The cheese is the same colour as the wotsits but it needs a small bite to break it”.)
- ❖ Name the food and describe what it looks like (colour, shape, texture, size)