

## Health Visitors

Health visitors are nurses who've undergone additional training to become a health visitor. Every family will have a named health visitor who will visit your child up until the age of five. Health visitors can help and support with achieving crucial developmental milestones such as **feeding, sleeping & toileting**. Health visitors run lots of groups and work very closely with children's centres.

Your health visitor's contact details should be in your Child's Red Book.

If you are unsure of who your Health visitor is then please contact the number below.

Please contact: **0203 373 9983**



## What next?

We recommend to use all the strategies we have provided through our website including going to the stay and play sessions at the Children Centres for at least 3 months. Remember that progress with eating can take time and it is important to use these strategies regularly. Members of our Fussy Eating service will be attending some of the stay and play sessions to work alongside Children Centre staff to help support you and your child in their journey.

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## Fussy Eaters Advice

A Guide for Parents

## TOP Meal time Strategies

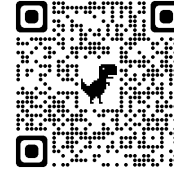


- ◆ Involve your child in all aspects of the meal/snack including preparation, serving and cleaning up.
- ◆ Talk about the properties of food: for e.g. the carrot is hard, the cake is sticky or crumbly...
- ◆ Model biting food, chewing and swallowing by making over-exaggerated movements.
- ◆ Use the same location for meals and snacks
- ◆ Give foods in small, easily chewable pieces that can be finger fed, if possible.
- ◆ Have 1 of your child's preferred food at every meal/snack, even if it is not part of what you consider to be part of the meal. For e.g. your child's preferred crisps at breakfast time along with the toast and butter.
- ◆ Give your child (and any siblings) lots of praise for any positive food behaviour such as looking at food they would push away before.
- ◆ Touching and playing with food will help your child to tolerate food more and make it fun.

## Fussy Eaters website

We have a range of information and strategies on our website, including printable handouts and resources.

<https://www.elft.nhs.uk/scyps/fussy-eaters>



## Early Start

This is an organisation that gives advice and support to parents of children who have difficulties with food. They provide advice around nutrition as well as training on feeding strategies for parents.



Free online course:

<https://www.earlystartgroup.com/product/positive-mealtimes-fussy->

## OT ELFT SCYPS YouTube Channel

Visit the Occupational Therapy ELFT SCYPS YouTube channel to watch and learn ways to play with food in a fun and interactive way.



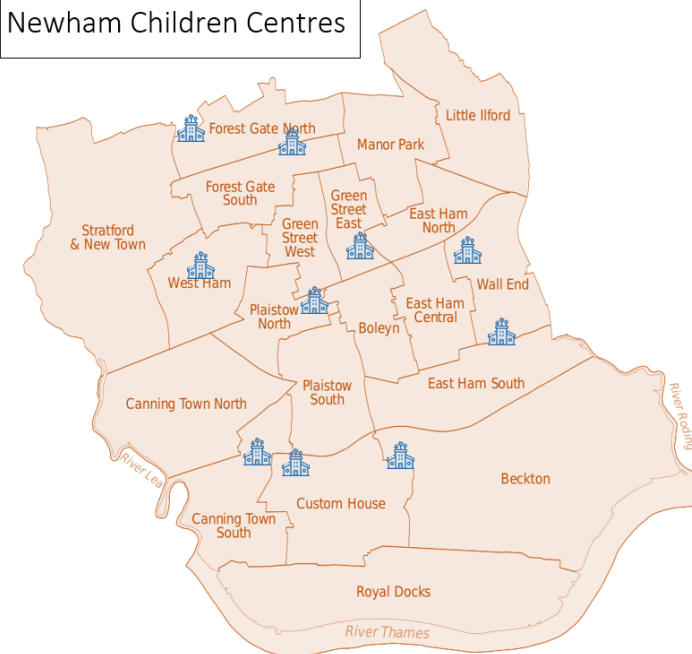
## Play and Development at your local Children's Centre

Here you can find links to each of the children's centres around the borough and how to contact them. They run a number of stay and play sessions for children as well as parenting support with behaviour and healthy eating. If you would like support from a Family Support Worker, you can ask anyone at your local Children's Centre.

[www.families.newham.gov.uk](http://www.families.newham.gov.uk)



### Newham Children Centres



This QR code will take you to a map of all the Children Centres in Newham.