



IS YOUR CHILD FUSSY WITH FOOD?



TOP TIPS

to help your child with eating:

- Demonstrate trying new food and enjoying it
- Don't pressure your child to eat new food
- No screens during mealtimes

Have a look at our website full of resources to support parents with selective eating. Developed by Speech and Language Therapists and Occupational Therapists, the site offers helpful strategies and engaging activities.

For more information, please have a look at our website

Scan our QR code to find out more

