

AUTISM ONE

2011



Topics

- Defining Picky Eating
- The Creation of Picky Eating
- The Body of the Picky Eater
- Nutrition Basics
- Techniques
- Where to begin?
- 10 Steps



What is a Picky Eater

- Does your child have to buy the "exact" brand of favorite foods—like crackers or pizza or chicken nuggets, or whatever the favorite foods are—because he/she will only eat one kind?
- Would your child rather not eat than have to eat something new?
- Do you fix special meals for your child to ensure that he/she gets "something" to eat?
- Does your child have problems with texture?
- Do you ever feel anxiety when going out to eat because you are unsure if your child can find anything that he/she will eat?
- Do you find yourself eating at the same restaurants to avoid surprises or confrontations?

My Pledge

*If it works for you and feels right then you don't need to change but
If anything is nagging in you that says "something is not right" then I am here to guide and assist you.*



Where Picky Eating Begins



The Body

- ~ What it needs nutritionally
- ~ Digestion
- ~ The Brain

Nutrition

- ~ Real vs. Fake food
- ~ 3 Servings of Protein
- ~ Abundance of vegetables and fruit

Techniques

- ~ Textures and worms
- ~ Food chaining
- ~ Disguising
- ~ First This then That
- ~ Triangle meals



Snags

- ~ The gagger
- ~ When your child won't eat
- ~ Setting rules

Empowerment

- ~ Allow them to be part of menu planning
- ~ Let go of 24 monitoring once they are older
- ~ Set a good example

The Dining Environment

- ~ Setting up your kitchen
- ~ Family dinners
- ~ Going out to eat



Enjoying Food

Let go of the stress and let food be about celebration



10 Easy Steps

For Picky Eating Solutions

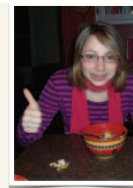
1. Get Prepared, Organized and Empowered before you begin!

- ~ Organize your kitchen
- ~ Throw or give away old food
- ~ De-Clutter
- ~ Kitchen Tools



2. Make a plan with your Picky Eater

- ~ Create social stories
- ~ Express love
- ~ Support, not enable



3. Meal Plan Democratically

- ~ Take turns with favorites
- ~ Respect request, but improvise



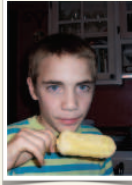
4. Eliminate Grazing

- Always snacking never eating
- Water not juice
- Joys of hunger



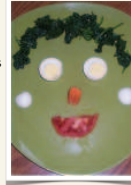
5. Texture De-sensitization

- Why disguising is not always beneficial
- Work with oral motor therapist
- Introduce a large variety of textures



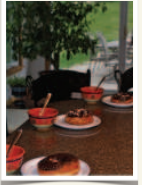
6. Play with your food!

- Don't stress the mess
- Foods can be blocks
- Use dips



7. First this...then that

- Start small
- Stay consistent
- Build confidence and trust



8. "Just Three Bites"

- Every meal
- Never ask for more
- Consistency
- Rule for everyone



9. Triangle Meals

- One serving of protein
- One serving of vegetable
- One starch



10. Family Time

- Doesn't have to be dinner
- Only positive conversations
- Set a good example



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