

Feeding tips

- Provide a sturdy seated position where body is positioned at 90-90-90 with feet supported.
- Always present a SAFE (preferred) food whenever trying to expand one's diet.
- Allow the child to explore foods with hands, arms, body, face; MESSY=learning
- Include child in mealtimes to provide MODELS and socialization opportunities.
- Provide a consistent, set routine to be performed prior to each mealtime.
- Provide a consistent schedule