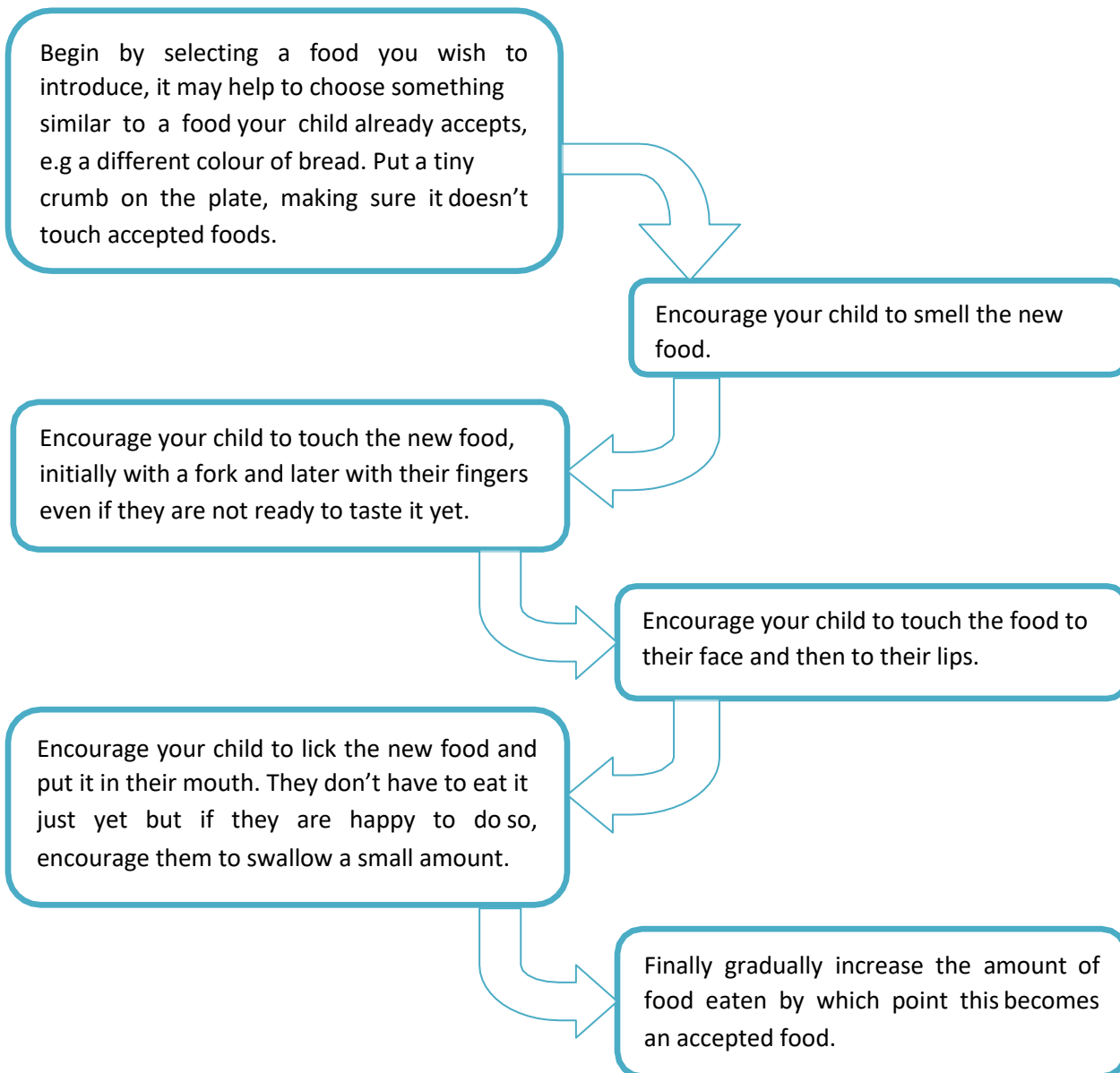




ADVICE SHEET

MY CHILD HAS A LIMITED DIET HOW CAN I INTRODUCE NEW FOODS?

If your child has a limited diet due to selective eating, the following approach can help:



Remember to take each step slowly and at your child's pace. It may take some children several weeks to several months to increase the number of foods accepted.

Mealtime Tips for Parents

- Children with selective eating often respond well to routine so try to keep mealtimes regular.
- Set the table and try to arrange food on the plate in the same way each mealtime.
- If your child doesn't like foods to touch on the plate, you could consider a divided plate or even putting smaller bowls of each food on a larger plate.
- Try not to offer too many foods on the plate and keep to sensible portions.
- Don't let your child fill up on fluids through the day.
- Keep the environment quiet and relaxed.
- Give praise when your child eats well and try not to comment if they don't.
- Avoid putting pressure on your child to eat foods they are not happy to try.
- If they enjoy it, it can help to involve children in food preparation.
- Young children may also enjoy messy play and making food into shapes.
- If your child is sensitive to smells, it may help to eat further from the kitchen
- Older children may respond well to giving them nutritional information to help them understand food better.

This information has been produced by the Nutrition and Clinical Dietetic Department.

UPDATED	REVIEW
August 2024	August 2027