

# PARENT NEWS

DELAWARE SPEECH AND HEARING CENTER



## PICKY EATER GROUP

Thank you for letting us be a part of your week! Your child will come with us on a journey to explore the fun of food. We hope to build their experience and willingness to touch, smell and taste and provide you with some helpful ideas. The boxes below explain the structure of our group that can also be used at home. Let the journey begin!

1

### PREPARE

Use calming sensations, environment and routine to prepare for eating.

2

### EXPLORE

Explore new foods and participate in many aspects of preparation.

3

### ENJOY

Eating is a social experience and time to practice talking to each other.



### TOUCH

We will be touching food by playing with it on our hands and face/mouth.



### SMELL

We will be smelling foods and exploring with plants and oils.



### TASTE

Finally, we will taste familiar and maybe not so preferred food.