

Autism Education Series: Mealtime Strategies for Children

What is Common for Children at Mealtimes?

- Curiosity - playing with food.
- Independence - preferring to pour their own milk.
- ‘Food Jags’ - eating the same things over and over.
- Refusal - may not choose to eat foods they often like.
- Eating only when hungry - responding to their body cues.

Parents Responsibilities:

When the child eats, where the child eats and what is offered to the child

Child’s responsibilities:

To choose how much they eat and whether they eat at all

Keep in mind!

- Appetite varies.
- Food preferences vary.
- Avoid calling your child a ‘picky eater’.
- Avoid coaxing, encouraging, and negotiating.
- Makes changes in very small steps.
- Consistency is key, try and try again.

