

Tips for PICKY EATERS WITH AUTISM

1 Set a schedule for meals and snacks

Scheduling times to eat will increase the motivation of eating foods presented during meal and snack times because the child will have time to build up his appetite.



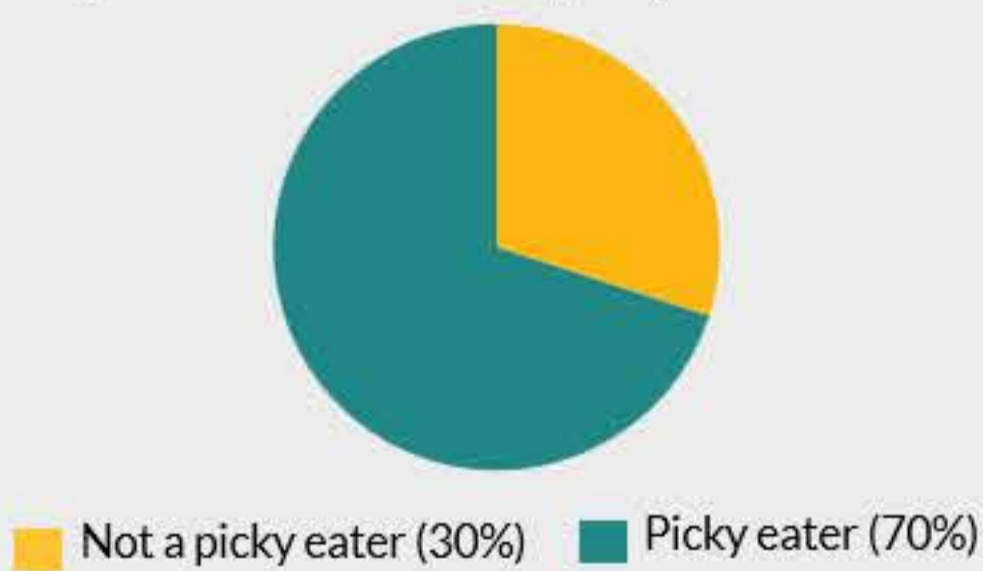
2 Minimize distractions

Eliminating any type of distraction (such as televisions, tablets, or toys) will help the child engage more interest with the food.

3 Change the perspective of the food

Autism may often come with hypersensitivity to textures. Chopping or blending particular foods to change the texture or "hiding" certain foods in casseroles might entice the selective eater. Even designing the foods into faces or creating educational opportunities with the ingredients may have some positive outcomes.

Parents of children who have autism report if their child is a picky eater or not



4 Continue to offer new foods

Individuals with autism may be afraid to try new foods. Sometimes, mixing the new food with a favorite one can help. It may also be helpful to approach the new food together -- try smelling and touching it together so the child won't be as afraid.

5 Encourage choice and control

When a child has options of which food he wants to eat, he is more likely to consume those nutrients as opposed to being forced to eat what was put on his plate.

