

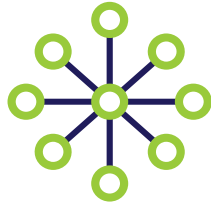
WORKING TOWARDS *FUN FAMILY MEALTIMES*



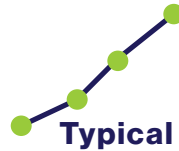
WHAT DOES THAT LOOK LIKE?



30 MINUTES LONG



VARIETY
Across **ALL** key food groups



ACHIEVING TYPICAL GROWTH

- Not stressful for anyone
- Moving along with texture progression
- Able to tolerate exploring new foods

DEVELOPING SKILLS TOWARDS SELF-FEEDING



HOW CAN YOU HELP?



FROM THE FEET UP
Ensure your child's seating is appropriate

KEEP TO IT!



SET 30 MINUTE MEALTIMES
Use a timer, app clock etc.



CONSIDER YOUR LANGUAGE
"Can You...?" Vs "YouCan...!"



SEE YOUR GP
Blood Tests
Supplements
Multivitamins with Iron etc.

- Offer variety through "family-style serving"
- Use visuals to walk through each sense and learn about the variety
- Build your child's language around foods
- Wean off distractions: eating is meant to be social

WHAT ABOUT YOU?

MANAGING CAREGIVER STRESS AND EMOTIONS AROUND MEALTIMES & FEEDING



COMING BACK TO YOUR BREATH
the importance of self-compassion



KNOWING WHAT IS IN YOUR CONTROL



KNOWING WHEN AND WHERE TO ASK FOR HELP

Clinics Located In: BELMONT · WYNNUM (HQ) · JIMBOOMBA · WYNNUM (L)



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