

Mealtime Home Plan

Picky or challenged?

1) I think my child is a: (circle)

- a) picky eater b) challenged feeder

The Child

2) These are two things I do at home to support the regulation process at home:

- a) _____
b) _____

3) The following health/medical issues may be effecting my child's feeding:

4) Could trauma play a role in my child's feeding? (circle) YES NO

5) Ideas to incorporate play to reduce my child's stress or increase his/her confidence:

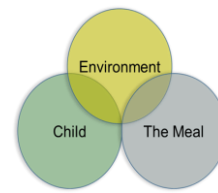
6) Does my child show any signs of swallowing difficulty? (circle) YES NO

7) My child currently eats these textures: (circle)

Thin liquid Thin puree Thick puree Mashed lumpy Ground Chopped Regular

8) My child demonstrates these differences in sensory processing: (circle)

Taste	- Likes bland flavours - Highly sensitive to new flavours, need to be introduced slowly	- Like intense flavors (sweet, salty, sour, spicy)
Smell	- Aversive to foods with higher smell levels, unresponsive to smell	- Unresponsive to smell e.g. unable to detect if food has turned bad, or is burned.
Vision	- Dislikes changes food presentation	- Prefers bright colours/patterns on dishes
Hearing	- Discomfort with chewing/crunching own food or sound of others eating	- Prefers noisy eating environment
Touch	- Sensitive to changes in texture, - Doesn't like mixed textures - Prefers smooth textures - May take food off fork/spoon with teeth so lips don't touch spoon - Gags	- Longer chewing phase, - May pocket or over stuff their mouths, - May swallow food whole or barely chew it - Messy eaters, drooling



The Environment

9) I can make the following changes to the environment to make mealtime more successful:

- a) physical changes: _____
- b) social changes: _____

The Meal

10) I need to complete a food log to find out more about preferences/food patterns: YES NO

11) This is a food I would like my child to eat: _____
This is where I would start on the steps to eating ladder: _____

12) I could use these items as reinforcers (rewards)

- a) _____
- b) _____

Behaviour Strategies

13) This is one challenging behaviour I experience with my child at mealtime:

This is the function of behaviour I think it matches: (circle)

Sensory (automatic) Attention Escape Tangible/Access

14) Have I identified powerful motivators for my child: (circle) YES NO

I need to use: (circle) real objects pictures symbols text

15) I could use these items as reinforcers (rewards)

- a) _____
- b) _____

Other ideas and things to remember