



Fussy Eating program



Is fussy eating getting in the way of your child's nutrition and behaviour?

Jacqui Palmer, an experienced paediatric dietitian, has developed this program to help fussy eaters and their families regain the joy of eating. While improved nutrition is the goal, so is developing the skills necessary to become a competent eater.

This program aims to help you and your child cope with the obstacles that mealtimes present, and make meals the relaxed and joyful moments they should be! Taking elements of the well-known 'SOS approach to feeding therapy' (Toomey et al.) and Ellen Satter's 'Division of Responsibility', Jacqui's approach is designed to reduce mealtime tensions, whilst supporting your child's steps towards a healthier and more varied diet.

THE PROGRAM IS FOR CHILDREN BUT ALSO FOR PARENTS

Progress means practice - so you'll need to integrate the strategies learnt into your family meals. There is no quick fix so it is important to us that parents emerge feeling empowered by this program, as the learning will continue beyond therapy. There will be struggles but also lightbulb moments as you work towards happy, healthy meals.

We ask parents to be prepared for the time and effort needed for progress. This means that you should be prepared for home practice to be a big part of your approach. With an open mind and lots of willingness, you'll be rewarded with changes that will improve your family's quality of life. Participating in therapy will help you to keep it going once the program has finished and keep your child on the road to competent eating.

We also ask for some background medical information to help tailor advice and any contacts that might be relevant such as your child's OT or speech therapist (if any).

In addition, below is a list of tasks that you should complete once enrolled and before your child's first practical session. Ideally, if you could have them ready for session one, we can use them as a prompt in your session.



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WHAT IT INCLUDES

SESSION 1 (60MINS)

Session one is with parents alone and can be done either by telehealth or in-person. Ideally, it would be great for your child to meet Jacqui on this occasion but keep in mind that the session is aimed at you and you will need some time alone to focus on the principles discussed.

This session will cover:

- Feeding History
- Defining and managing expectations
- Introduction to the sensory steps to eating and mealtime strategies
- Recognising obstacles to your child's eating

SESSION TWO TO SIX (45MINS)

These sessions are with you and your child. They'll start with some sensory play to set the scene, then Jacqui will lead a food story and encourage you and your child to join in. During this time you'll start to learn about your child's food difficulties and how to overcome them, all while your child starts to engage with new foods.

Each session will be followed by a short recap helping you to reflect on what works... with strategies to take home. Parents are an active part of the therapy as this will help you to apply techniques at home and incorporate therapy in your daily routine.

For these sessions, you will be required to bring a selection of foods from home. Jacqui will let you know what these foods will be a few days before each session. In general they will include a fruit, a vegetable, a protein, a carbohydrate and a dairy or dairy alternative and as much as possible, be based on your family meals.