

Autism & Eating



Explore foods with your child and make food fun! Take them to the supermarket and talk about the food. Look it up online and encourage to prepare the food at home. Make sure you are reassuring that they are under no pressure to try it.

Ask your child to choose a food to hide which the family must guess what it is. Make pirate pie (shepherd's pie) with sweetcorn as the gold.

Keep a calm atmosphere. Reduce lighting if this is a sensory trigger. Minimal noise. Encourage calming time before the meal.

Consider the aversion to textures and change the structure of this by blending foods etc.

Encourage plenty of fresh water-based fluids to support a healthy gut and toileting habit.

Remember you are not alone.

<http://www.actionasd.org.uk/services/children-s-services>

Try homemade snacks- <https://hedihearts.com/category/healthy-biscuit-cookie-recipes/>

Encourage your child with messy play with foods! Draw with pasta sauce, play with dinosaurs in crumbled Weetabix.... the ideas are endless!

Check with your GP for any food intolerances for your child.

Sit together as a family and eat. Children often copy behavior's, and the environment is such a powerful learning tool. Be consistent with seating arrangements.

Routine is key with children with Autism. Try and keep your child's mealtimes the same time each day. Have this as a visual aid on the wall or the fridge where they can see it.

Offer your child a choice so they feel they have some control. They can choose a new food to have on their plate. Having it on their plate consistently without pressure may encourage them to touch, lick, taste. Especially if family are eating the same.

