

PICKY EATING

UNDERSTANDING AND ADDRESSING MEALTIME CHALLENGES



Is it normal for toddlers to refuse to eat certain foods? Are mealtimes a battle in your household? If your child only likes yogurt and pizza, you might wonder if that's okay.

Understanding Picky Eating

You might think that if a child is hungry enough, they will eat. While this is true for 94% of children, there are 6% who will not eat regardless of how appetizing the food looks. These limited diets can lead to nutritional deficiencies and growth concerns.

30 foods or less = picky eater
20 foods or less = problem eater

Does your child insist on eating the same food, same brand, prepared the same way every day at each meal? This is known as a **food jag**. While this can be acceptable for a while, the child will eventually burn out on that food.

How Michigan Pediatric Therapy Can Help

We identify whether your child is a picky eater or a problem eater and then determine which motor and sensory systems are affected. Our comprehensive approach involves individualized treatment plans tailored to your child's specific needs.

Sensory Processing

Sensory processing issues can make eating a complex task, as it involves integrating input from all six senses, which can be overwhelming for some children.

- Touch & Textures
- Taste & Flavors
- Smell & Gagging
- Hearing & Sensitivities
- Vision & Visual Desensitization
- Proprioception & Crunchy Foods

Motor Skills

Motor skills are crucial for comfortable and efficient eating; difficulties in this area can significantly impact a child's ability to manage mealtimes.

- Postural Stability and Muscle Tone
- Oral Motor Skills
- Choking and Gagging
- Breathing and Eating Coordination
- Fine Motor Skills



Contact us today to schedule an appointment.

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