

# Picky Eating

Our occupational therapists (OTs) specialize in addressing feeding challenges, offering valuable insights and interventions to help children expand their food repertoire and develop healthier eating habits.

## Common Characteristics

- Refusal to try new foods (food neophobia)
- Limiting diet to a small number of preferred foods
- Strong preferences for certain textures or flavors
- Gagging/vomiting when presented with non-preferred foods
- Anxiety or stress related to mealtime

## Potential Underlying Issue(s)

- Sensory sensitivities
- Oral-motor challenges
- Psychological factors
- Genetic factors
- Developmental stage
- Environmental factors

## How Michigan Pediatric Therapy Can Help

Feeding therapy with our occupational therapists focuses on addressing the underlying causes and contributing factors of picky eating. Our OTs employ evidence-based interventions to promote positive feeding experiences and support healthy eating habits.



## Tips For Home



- Involve your child in the process
- Offer a variety of foods
- Use fun shapes and colors
- Create a balanced meal
- Introduce new foods gradually
- Use dips and sauces
- Keep portions small
- Make mealtime fun
- Set consistent meal and snack times
- Encourage family meals

MICHIGAN  
Pediatric  
Therapy   
A Path Forward

Contact us today to schedule an appointment.

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