



# How to Talk About

Your child's unique mealtime needs



"We all have likes and dislikes! John doesn't like crunchy foods. What's something you don't like?"

"Her body is sensitive to things that might not bother your body. Thank you for being so patient and gentle!"

"Sometimes things seem extra loud to Brayden. He might cover his ears or hum. If that happens, we might want to lower our voices."

"She's working on trying new foods in therapy, but today, we're going to let her enjoy what she likes for the holiday. It's okay if it's different from what everyone else is eating."

"Tyra will join us at the table for 10 minutes, then she's going to go have some quiet time alone. She'll be back to join us for dessert!"

