



Tips for Picky Eaters

1. All meals, snacks and drinks (except water) should be given at a table.
2. Eliminate sippy cups (open cups and straw drinking)
3. Take food out of packages and serve in neutral bowls or rotate
4. Child needs to take food off a spoon with adult feeding first
5. May need to start with a crunchy food off a spoon
6. Cannot feed if child is screaming or upset due to risk of choking
7. May need IPAD or electronic reinforcer
8. Keep mealtimes short (6 min) and rotate preferred and non-preferred foods
9. Self-feeding comes later, after picky eating is solved.

Book Recommendation: Treating Eating Problems in Children with Autism (Williams & Foxx, 2007)