

Steps to Eating



How do I get my child to eat more? Follow these steps!

Tolerates



Interacts with



Smells



Touch



Taste



Eating

Tolerates

- Looks at food when directly in child's space
- Being at the table with the food just outside of child's space
- Being at the table with the food 1/2 way across the table
- Being at the table with the food on the other side of the table
- Being in the same room

Interacts With

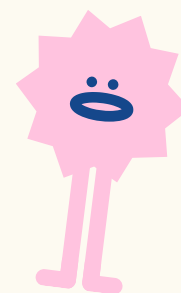
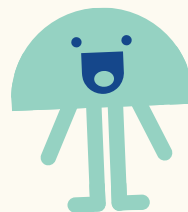
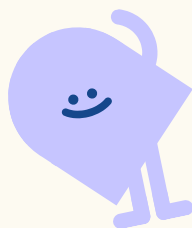
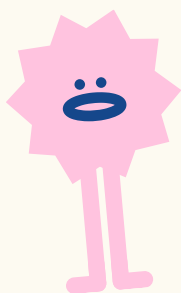
- Uses another food to interact with the food
- Uses utensils/napkins/tools to manipulate food in own space
- Uses utensils or a container to serve self onto own plate/space
- Uses utensils or a container to stir or pour food/drink for others
- Assists in preparation/set up with food

Smells

- Leans down or picks up to smell
- Odor in child's forward space
- Odor at table
- Odor in room




Touch

- Tip of tongue, top of tongue
- Teeth
- Lips
- Nose, underneath nose
- Chin, cheek
- Top of head
- Shoulder, neck
- Arm, trunk/chest
- Whole hand
- Fingertips, fingerpads
- One finger tip





Taste

- Bites pieces, chews "x" times & spits out
 - Bites pieces, holds in mouth for "x" seconds & spits out
 - Bites off piece & spits out immediately
 - Full tongue lick
 - Licks lips or teeth, tongue tip taste
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Eating

- Chews and swallows whole bolus independently
 - Bites & chews, swallows some and spits some
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