



HIGH 5 COMMUNICATION RESOURCES

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SPEECH & LANGUAGE THERAPY • INFANT + TODDLER ENRICHMENT CLASSES • FEEDING THERAPY

HOW TO **NOT** SAY “TAKE ANOTHER BITE”

Describe the properties of the food

- Mmmmm I love how crunchy this is!
- Wow this is a juicy grape!

Give “dares” and “jobs” (but try to avoid questions they can say “no” to)

- Let’s make this (cracker) crunch!
- How loudly (softly) can you bite?
- Dad, do you want some (cheese)?

Model and describe your own interactions with the food (and forget your manners! Model with open bites so they can see you chewing and interacting with the food)

- Yum, I like pasta! (take several bites)
- I can put my pasta in this sauce!
- I can lick this peanut butter off my (apple slice)!
- Please hand me another (carrot).

Create a new way to try or interact with the food

- I’m going to take a dinosaur bite! (Take bite in a fun and loud way: Rooooaaarr CRUNCH) What kind of bite are you going to take
- Let’s pick up that (piece of egg) with this toothpick!
- I’m going to lick this piece! (see Journey Toward Eating handout for more ideas)

Give choices & Combinations

- Which do you want first, the (banana) or the (grape)?
- Do you want the big (cheese) or the little (cheese)?
- Do you want your smoothie in this cup or that cup?
- Which straw do you want to use for your drink?
- Which side do you want to crunch that on?
- Which part of this horse shape (cut with cookie cutter) do you want to bite?
- Can you bite the horse’s tail?
- Do you want to taste the (yogurt) off the spoon or the whistle?
 - Or my finger or your finger
 - Or the carrot or apple slice
- Do you want to spread (cream cheese) or (jelly) on your next bite of cracker?
- Which color grape (green or purple) do you want to get with the toothpick?
- What letter (in the Alphabet soup) shall we find next?

Your child does not have to just “eat” the food to have a successful interaction with it!



GETTING USED TO NEW FOODS IS A JOURNEY:

- Allow your child time to explore and get used to new things
- Some children need to be exposed to a new food 5-20 times before they will eat it!

TASTE

- Chews and swallows independently
- Chews, partially swallows
- Chews, swallows with drink
- Bites, chews “x” times & spits out
- Bites pieces, holds in mouth for “x” seconds and spits out
- Bites off pieces & spits out immediately
- Licks lips, tongue licks food

TOUCH

- Tip of tongue, full tongue
- Teeth
- Lips
- Nose, underneath nose
- Chin, cheek
- Top of head
- Chest, shoulder
- Whole hand
- Fingertips, fingerpads

SMELLS

- Leans down or picks up to smell
- Odor directly in front of child
- Odor at table
- Odor in room



INTERACTS WITH

- Uses utensils or container to serve self
- Uses utensils or a container to stir or pour food/drink
- Assists in preparation/set up with food

TOLERATES

- Looks at food when directly in front of child
- Being at the table with the food approximately in front of child
- Being at the table with the food ½ way across the table
- Being at the table with the food on the other side of the table
- Being in the same room

THE JOURNEY TOWARDS EATING