



## HIGH 5 COMMUNICATION RESOURCES

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

“Picky Eater”	“Problem Eater”
Decreased range or variety of foods that will eat = 30 foods or more	Restricted range or variety of foods, usually less than 20 different foods
Foods lost due to “burn out” because of a food jag are usually re-gained after a 2 week break	Foods lost due to food jags are NOT re-acquired
(Food Jag = when a child eats the same food day after day or meal after meal for several weeks)	
Able to tolerate new foods on plate and usually can touch or taste a new food (even if reluctantly)	Cries and “falls apart” when presented with new foods
Eats at least one food from most all food texture groups	Refuses entire categories of food textures
Frequently eats a different set of foods than the rest of the family, but usually eats with the family	Almost always eats different foods than the family
Will add new foods to repertoire in 15-25 steps on Journey to Eating Hierarchy	Adds new foods in more than 25 steps
Sometimes reported by parent as a “picky eater” at well-child check-ups	Persistently reported by parent as a “picky eater” across multiple well-child check-ups
<p style="text-align: center;"><b>This describes my child.</b></p> <p style="text-align: center;"><b>WHAT SHOULD I DO?</b></p> <ul style="list-style-type: none"> <li>- Use the Journey To Eating Hierarchy to introduce new/non-preferred foods</li> <li>- Make sure you have good mealtime routines and rules in place (see additional handouts)</li> </ul>	<p style="text-align: center;"><b>This describes my child.</b></p> <p style="text-align: center;"><b>WHAT SHOULD I DO?</b></p> <ul style="list-style-type: none"> <li>- Consider consulting with a feeding therapist for additional support, in addition to using the Journey to Eating and solid mealtime routines/rules.</li> </ul>

This handout has been borrowed from the SOS Approach to Feeding:  
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