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Contact us if you would like this document in large print size 18 or 24 point font, in spoken word, printed or as a computer file.

**If you require help understanding this leaflet because it is written in English please telephone 0116 295 4743.**

এই ডকুমেন্ট'এর কোন বিষয় বুঝতে আপনার যদি সাহায্যের প্রয়োজন হয়, তাহলে অনুগ্রহ করে 0116 295 4743 নাম্বারে টেলিফোন করুন।

ਜੇ તમને આ દસ્તાવેજમાં આપેલ માહિતી સમજવા માટે મદદ જોઈતી હોય તો મહેરબાની કરીને **0116 2954743** પર ફોન કરો.

अगर आपको इस दस्तावेज़ में शामिल जानकारी समझने में सहायता चाहिए तो कृपया 0116 295 4743 पर फ़ोन कीजिए।

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Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

اگر اس تحریر کے سمجھنے میں آپ کو مدد کی ضرورت ہو تو مہربانی کر کے **0116 2954743** پر ٹیلی فون کریں۔

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Families, Young People  
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## Speech and Language Therapy Service



## Selective Eating Information for Parents and Carers



www.leicspart.nhs.uk

## What is Selective Eating?

Many young children go through phases of eating a limited range of foods, or don't want to eat certain foods. Some may refer to this as 'fussy' or 'faddy' eating. It is a normal stage of a child's development.

However, in a few cases, this becomes more of a problem for the child and their family. This is known as **selective eating**.

The child may:

- Become distressed, panicked or anxious at mealtimes. They may also gag when they see or smell unfamiliar food
- Eat extremely limited types of food or drinks
- Be extremely resistant and anxious when offered new foods
- Dislike getting their hands or face dirty
- Dislike having changes to their routine



## Some tips to help your child

- Never force your child to eat. This will only reduce appetite and make mealtimes stressful.
- Offer three meals and three snacks per day. Offering small frequent meals will increase appetite.
- Offer a portion size that your child can easily manage
- Encourage family mealtimes. Children are more likely to find mealtimes enjoyable and try new foods if eating with other people.
- Mealtimes should last no longer than 20 minutes
- Let your child get messy when eating
- Allow your child to try and feed themselves. Giving your child control makes them more confident to try new foods.
- Eat the foods you want your child to eat. Children are more likely to copy adults.
- Allow your child to eat the foods they like. Calorie intake is more important than a healthy diet at this stage.

## Introducing a new food

- Some children need a very gradual introduction to a new food. They may need to get used to seeing, touching and smelling it before they are confident enough to taste it.
- Messy food can be used to desensitise children to new food
- Children need to taste a new food on repeated occasions before they learn to like it
- Start with a food that is similar in taste or texture to an accepted food



**By the age of 4 or 5 children's food preferences become more influenced by their peers. They may be more willing to try foods that their friends are eating.**

