

How to Overcome Picky Eating of Your Autism Child



Written By

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Parents of children with **Autism Spectrum Disorder** often worry about their child may not be getting the required nutrients, as most children on the spectrum are picky eaters. In fact, most parents find mealtime rather challenging. According to the research, it has been observed that children with ASD are five times more likely to have mealtime challenges such as extreme food selectivity, tantrums, and ritualistic eating behaviors.

In this blog, we will discuss how parents can overcome this issue by following simple strategies at home.



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**Do Not Neglect
Medical Problems**

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Children with Autism Spectrum Disorder may refuse to eat particular food items. Since many children on the spectrum find it difficult to express their emotions, we recommend parents look out for nonverbal cues in their children.

For example, your child may clamp their lips when you're trying to feed them. Gastrointestinal distress is one of the common **problems in children with ASD. It is advisable that parents to visit **Best Autism Treatment Centre in Hulimavu, Bangalore** where doctors can help them to create a diet plan for their child.**



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Stay Composed

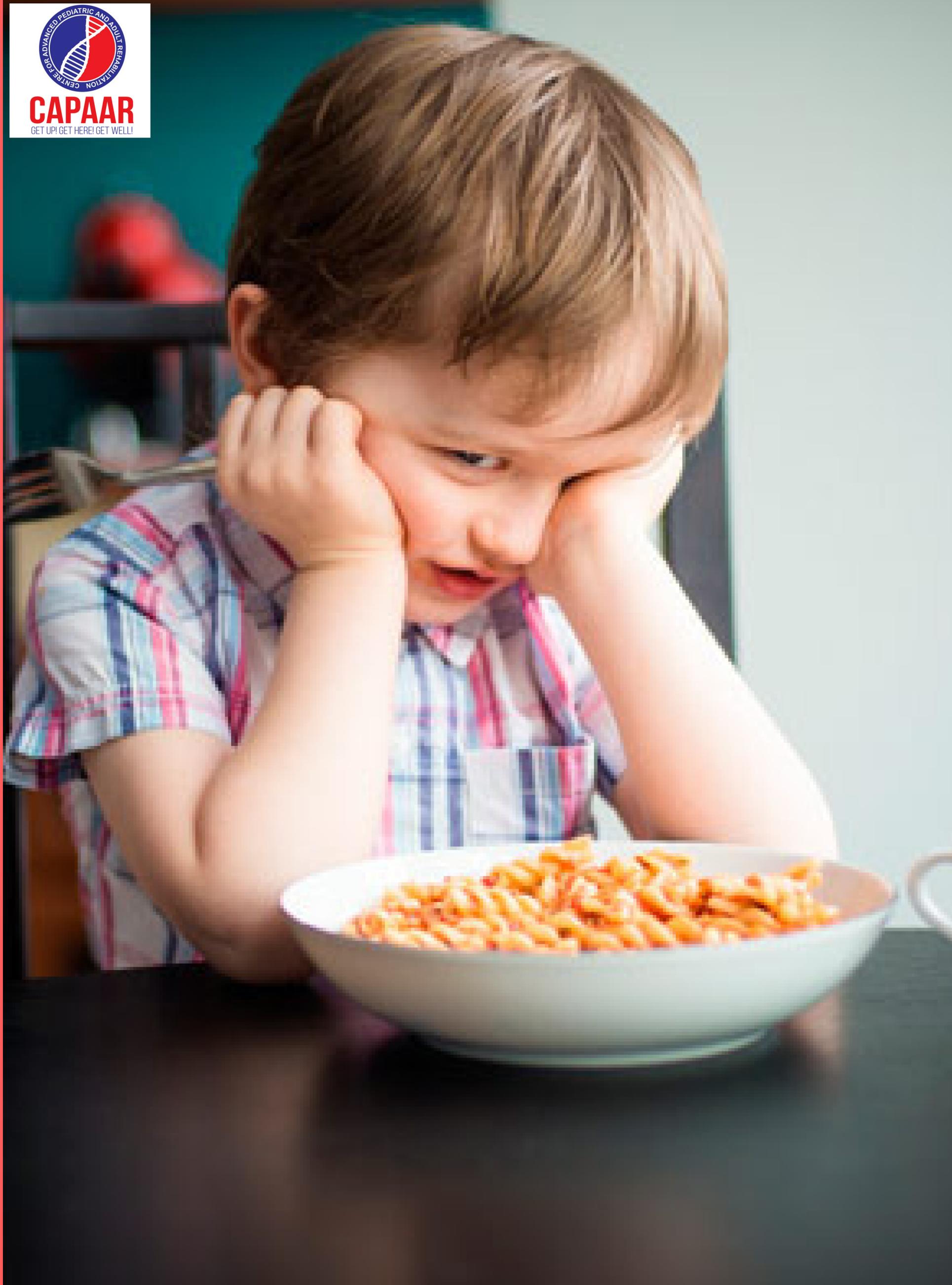
Stay Composed

Get creative with introducing new food items to your child by following the procedure given by your child's doctor. Make a list of food items that your child would like and introduce them at regular intervals.

Many children on the spectrum need to taste a certain food item multiple times before they develop a liking for it. However, if your child refuses particular food items, even after trying several times, it may mean they don't like it.



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Try New Recipes

Try New Recipes

Give your child the freedom to try new recipes. When they get a chance to explore food items by touching and smelling, they also get a sense of what the food item may taste like.

We recommend parents add their child's favorite food to other food items that they'd like their child to eat.



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**Pay Attention to Feel Of
the Food, Not the Flavor**

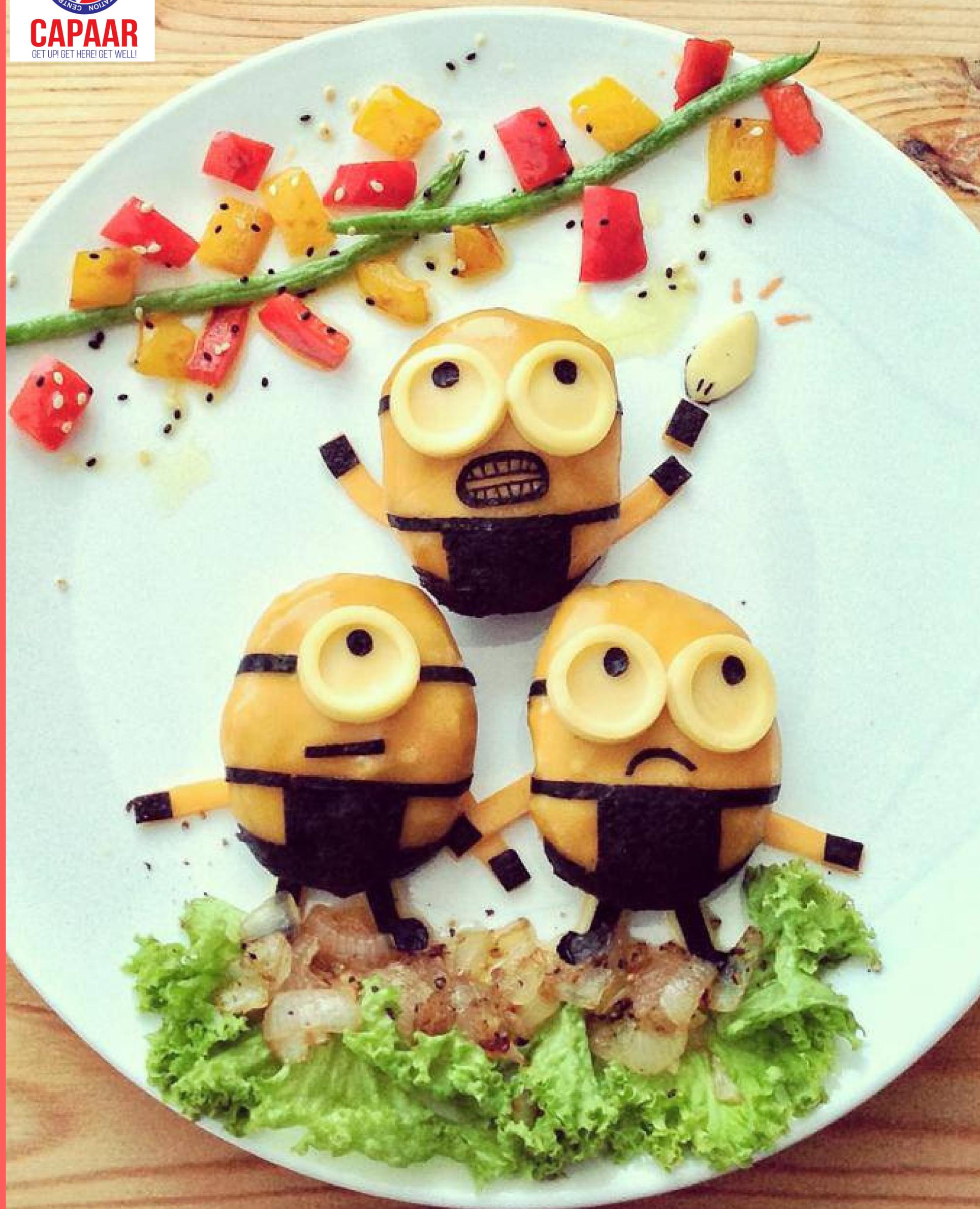
Pay Attention to Feel Of the Food, Not the Flavor

Sometimes, what matters more to **children with ASD** is how the food feels in their mouth even more than how it tastes. Hence, textures, color, etc. of the food item matter.

For instance, if your child likes strawberries, you can blend them into a smoothie or chop it and add to their favorite food and allow your child to consume food in a texture they prefer.



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**Get Creative with
Food Items**

Get Creative with Food Items

To ensure that mealtime is pleasant, do not overwhelm or cause anxiety in children with ASD by putting out too many food items. We recommend parents convert vegetables and fruits into interesting geometrical shapes to make the entire experience of eating more appealing to their children.

While cutting the vegetable, parents can taste that particular item and make it obvious to their child that they are enjoying it this helps children realize that they too can enjoy it.



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**Let Your Child Decide
What to Eat**

Let Your Child Decide What to Eat

We understand that **parents of children with ASD** are worried about their child not getting essentials vitamins and protein intake due to their food choices. As discussed earlier, we recommend parents prepare a diet chart to keep a track of their daily protein and essential vitamin intake.

For instance, your child's doctor may suggest your child needs 3 servings of vegetables and 5g of protein per day. By following the diet chart, you can allow your child to choose various vegetables of their preference that meet the overall daily target rather than force her to eat one vegetable.

CONCLUSION

For more information regarding sensory Integration therapy, cognitive skills, behavior therapy, developmental disorders, and early intervention, please contact Best Autism Treatment Centre in Hulimavu, Bangalore at CAPAAR Center. We put emphasis on acquiring new and appropriate behaviors, while we also working on helping the child to achieve developmentally age appropriate milestones through evidence based practices.

If you have questions to ask about Best Autism Treatment Centre in Bangalore. Click on the topics below to find out more from the direct website of Capaar4autism

- **Worried about autism spectrum disorder? What to do**
- **5 Facts Every Parents Need To Know About Autism**
- **Does a Child With Autism Reach Developmental Milestones on Time?**
- **Sensory Integration**



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