



THE PROGRAM:

- This program is designed for older children who are fussy eaters and will support the creation of a positive relationship with food by increasing exposure to new foods by using a range of different senses (looking, touching, smelling, tasting).
- This program will focus on children exploring new foods and engaging in meal preparation activities in a group setting.
- This program will also include children learning about different foods, theory of concepts used in the group environment in an engaging manner as well as a parent education component.

SKILLS TARGETED:

- To learn to have positive experiences with food.
- To increase the range of foods child will try.
- To decrease resistance to touching, tasting and swallowing food.
- To increase child's skills to be able to follow a recipe to prepare a meal in order to be interacting with new foods.
- To develop independence and skills involved in meal preparation e.g. preparing foods, cutting foods, mixing foods, cooking foods while coping with being exposed to new foods.
- To increase safety awareness and skills needed to prepare food e.g. using a stove, using an oven. – tolerating food in environment.

DETAILS:

Starting Date: April 22nd, 2024

Time: 4-5pm

Frequency: Weekly for 8 weeks + 1 Report

Ages: 10+

Therapist: Carly

Location: Bundoora clinic

Please contact our clinic to receive a service agreement with pricing information.

