

'FUN WITH FOOD' MEALTIME GROUP



AGE 3-6



The 'Fun with Food' Mealtime Group is an 8-week intervention program for young children who may have trouble eating and/or drinking, and seem 'stuck' on a limited selection of foods.

During each group session, children engage in a play-based approach to gradually introduce a range of foods that may not typically be in their current diet.

THE AIM OF THE GROUP IS TO:

- Support children to learn to have positive experiences with food
- Decrease resistance to touching, tasting and swallowing food
- Increase range of foods a child will try
- Provide parents and caregivers with strategies to use during mealtimes at home to promote a positive mealtime environment

APPROPRIATE FOR CHILDREN WHO...

- Have a limited range of foods they can tolerate/eat
- Refuse entire categories of food textures and/or nutritional food groups (e.g. fruit, vegetable, meat)
- Have to eat a different meal from the rest of the family
- Are underweight or at risk of being underweight due to limited food intake
- Find mealtimes distressing

Number of sessions: 8 sessions

Duration: 60 minutes

Number of students per class: 3 to 5 students

Instructor: Speech and Language Therapist trained in SOS Approach to Feeding

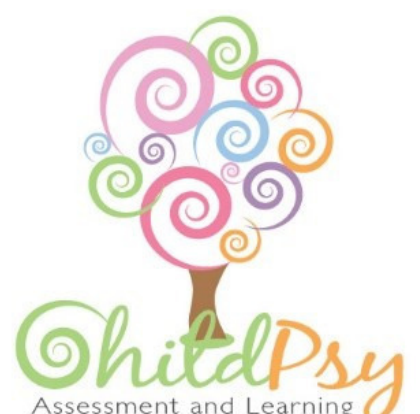
Fee: \$750/session X 8 = \$6,000

Class Policy: Due to the ongoing basis of the curriculum, no make-up classes are available.

Start date: As soon as enrolment is fulfilled

Date/Time: Saturday, 9:15 - 10:15am

Medium of instruction: English



1 Parents and/or caregivers are encouraged to attend at least the last 15 mins of the session for feedback.

The first session will incorporate an initial feeding assessment to assess the child's suitability to continue to attend the group.