

# Am I at Your Table?

I have trouble sitting at the table during meals.

I have brand specific food preferences or like to eat the same foods prepared in the same way.

I tend to cry or fall apart when you put a new food on my plate.

I choke, gag, or cough during meals.

I eat through a tube in my nose or stomach.

I refuse to eat foods that are hard to chew, like meat or raw fruits and raw veggies.

I eat less than 20 different foods.

Mealtimes are stressful for my family.

I eat meals separate from the rest of the family.

I have been described as a picky eater at more than 2 well-child check-ups.

I sometimes stop eating a food that I previously liked.

It is hard for me to eat in a variety of settings.

I weigh less than other kids my age.

I have difficulty exploring foods with my eyes, hands, nose, and tongue.

## I am a Picky Eater or Problem Feeder

My feeding problems are a result of a skill deficit, not just a 'behavior problem'. Eating is the only physical task that I do which simultaneously utilizes all of my body's organ systems, all of my muscles (so I don't fall out of my chair), and all 8 of my senses (yes 8, my occupational therapist taught me about proprioception, vestibular, and interoception systems too!). My ability to learn and my learning history, my development, my nutrition, and family are also important to whether I can eat or not. My 'behavior problems' come out because I don't have the skills I need to eat like you. I am not trying to misbehave when I refuse certain foods, have bad manners, or don't listen to you during meals. I'm just trying to avoid eating because it is too hard for me.

So, do you know me? Or someone like me? Research shows that 1 out of 5 kids struggles with eating at some point by the time they are 7 years old. Unfortunately, only about half of us will grow out of our feeding challenges without help. To learn more about what it is like to be me, and how to help me eat and grow better, check out [www.sosapproach.com](http://www.sosapproach.com). They help kids like me that food can be fun! For additional feeding support, visit [www.feedingmatters.org](http://www.feedingmatters.org). They have all sorts of resources for the adults in my life. Please remember that there is hope and help for me in feeding therapy with a holistic, sensations and play based approach.