



FEEDING TIPS

NOURISHING LITTLE BODIES. BUILDING BIG SKILLS.

Mealtimes are about more than food—they are opportunities to build skills, connection, and confidence that last a lifetime. ♥

WHY FEEDING SKILLS MATTER



DEVELOPMENT

Strong feeding skills support brain growth, motor skills, and overall development.



CONFIDENCE

Children feel capable and independent when they can feed themselves.



CONNECTION

Mealtimes are a chance to connect, talk, and create positive routines.



LIFELONG HABITS

Positive experiences with food today can lead to healthy habits for life.

PRACTICAL FEEDING TIPS



OFFER A VARIETY

Expose children to a variety of foods without pressure. It can take 10–15 times to accept a new food!



LET THEM LEAD (WHEN SAFE)

Allow children to decide how much to eat and explore foods at their own pace.



MAKE IT COLORFUL & FUN

Bright colors, fun shapes, and playful presentation make food more inviting.



PRACTICE, PATIENCE & ENCOURAGEMENT

Celebrate small wins and keep mealtimes positive. Every bite is practice!



KEEP ROUTINES CONSISTENT

Regular mealtimes and snacks help children feel secure and support healthy eating habits.

OT TIP

FROM NOVEL HEIGHTS



Small steps lead to big progress. Focus on the process, not perfection.



If your child has difficulty with chewing, gagging, texture tolerance, or self-feeding, an occupational therapist can help address the underlying skills and make mealtimes more successful.



MAKE MEALTIMES SUPPORTIVE



CREATE A CALM SPACE

Limit distractions like screens and loud noises.



SERVE SMALL PORTIONS

You can always offer more!



TALK & ENGAGE

Ask questions, share stories, and celebrate together.



BE A ROLE MODEL

Eat a variety of foods and show healthy habits.



PRAISE EFFORTS, NOT AMOUNTS

"I love how you tried that!"

TRY THIS!

THE "FOOD EXPLORER" CHALLENGE

- Choose a new food to explore together.
- Look at it. Smell it. Touch it.
- Take a tiny taste (or just lick!).
- Talk about what you notice.
- Celebrate every try!



OUR MEALTIME MOMENT

Add a photo or draw a picture!



FREE RESOURCES

Scan to visit our Free Resources page for printables, activities, and more feeding and parenting tips!



We'd love to see your adventure!
Tag us in your mealtime moments!



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Helping kids grow through nature, connection & play.

