

# Healthy Eating...

## Your child may:

- Eat a wide variety of foods
- May only eat certain textures/colours/smells
- May not eat at all
- May be fed via other means e.g. Gastrostomy/NG
- May have tastes
- May be changeable with preferences



For children that do eat orally, it is really important that we work together to encourage healthy options. It may be as simple as **swapping the chocolate or biscuit for a banana or pear**, but for some children it will be much more complicated than this.

For those children who may only eat certain textures/foods/colours of food/select brands it is important **we work together** to build up children's variety and willingness to explore other foods. At first by touching/looking/smelling/playing with the food before ever attempting to eat it.

Over the course of the coming year; we will be supporting families in exploring healthier options for snack and meals as well as how you can support your child on that journey if their diet is restricted.

