



A Therapeutic Approach
to Movement and Learning

Helping Picky Eaters & Feeding Challenges

How Good Beginnings Can Help

We understand how stressful mealtimes can be when your child refuses foods, eats a very limited diet, or struggles with textures. You're not alone—many children experience feeding difficulties, and the right support can make all the difference. Here's why families turn to Good Beginnings and a few tips you can start using today:



Picky Eating vs. Feeding Challenges— We Help You Understand the Difference

Some kids are naturally selective with food, but for others, eating challenges stem from sensory sensitivities, oral motor difficulties, or anxiety around food. Our therapists assess the root cause and create a plan that works for your child.



Instead of pressuring your child to take a bite, encourage food exploration with a **no-pressure approach**—let them touch, smell, or lick new foods without the expectation of eating them. This builds comfort over time.



Expanding Your Child's Diet in a Low-Stress Way

Our feeding therapy focuses on **gradual exposure** and **positive experiences with food**. We help children feel safe trying new foods and develop the skills they need to eat a wider variety.



Offer a **"safe food"** alongside a new or less familiar food at meals. For example, if your child loves crackers but avoids cheese, serve both together without forcing them to eat the new food.



Sensory & Oral Motor Support

Some kids struggle with food textures, gagging, or difficulty chewing. These issues often have a sensory or oral motor component, which we address through targeted exercises and strategies.



If your child avoids certain textures, try **food play** with similar textures in a fun way. For example, if mushy foods like yogurt are a challenge, let them finger paint with pudding to build tolerance without the pressure of eating.



Making Mealtimes Enjoyable Again

We help families shift away from mealtime battles and create a more relaxed, enjoyable eating environment.



Make meals more **interactive**—let your child help pick out groceries or stir ingredients. When kids are involved in food prep, they're more likely to try new foods.



Telehealth Options for Parent Coaching & Feeding Support

If getting to the clinic is difficult, we offer telehealth options for parent coaching and feeding guidance. This allows us to observe mealtime in your home environment and provide real-time strategies.



Keep a **Feeding Log** for a few days, tracking what your child eats, when they eat, and any reactions they have. Patterns can help uncover sensory triggers or routines that may need adjusting.



You're Not Alone- We're Here to Help

Feeding challenges can be frustrating, but with the right support, progress is possible. We've helped many families reduce mealtime stress and expand their child's diet in a positive, pressure-free way.



Let's Work Together!

If feeding difficulties are affecting your child's nutrition, growth, or daily life, we can help. Contact us to learn more about our feeding therapy approach and schedule an appointment.