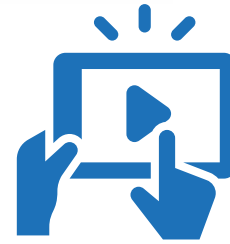




Picky Eaters Family Programme



MOVE MORE INVITES YOU TO JOIN OUR FUSSY EATER FAMILY PROGRAMME!



https://youtu.be/WuUi1f2C_YM

And that's a wrap! This is the final installment of our Picky eaters programme. During the past 5 weeks we've tried to help you understand your child's picky eating and shared principles and tools to put in place to encourage your children to develop healthy relationship with food. This week, we are putting everything together and leaving you with a summary that you can refer to whenever it is needed. We have also included answers to some frequently asked questions at the end of this document.

Thank you so much for taking part in this programme, watching the videos and doing the activities with your children. We hope you found the information useful and easy to follow.

There is still time to join our closed Facebook group – we will continue the “picky eaters” conversation on there. So, if you'd like to have access to more resources, information, an opportunity to ask questions specific to your situation, here is the link to follow:



[WWW.FACEBOOK.COM/GROUPS/591081713029985](https://www.facebook.com/groups/591081713029985)

Likewise, if you'd like to let us know your thoughts, give us feedback or ask a questions, please contact Marijana on marijana@move-more.org.





Summary of the Mealtime Makeover Principles:

1

Remove the pressure. Have a family table mood makeover to remind you not to put pressure on your children to eat. Instead, play games and focus on topics not linked to food and what your children may or may not be eating.



WOULD YOU RATHER?
Would you rather have no teeth or be fully bald?
WOULD YOU RATHER?
Would you rather help clean the room or fix dinner?
WOULD YOU RATHER?
Would you rather be a bird or a fish?

2

You are in charge of buying the ingredients and putting food on the table; they choose what/if/how much they'll eat. Remember that this principle is about control so allow everybody to take responsibility for their parts. Create a meal plan for the week as a family, always include a "safe" food that your child will eat and encourage your children to serve themselves.



3

Offer "tricky" food as a first bite and/or as a snack. To help you with this, serve the food that your child doesn't normally eat at the beginning of the meal and apply the "90 minutes one and done" rule for snacking.



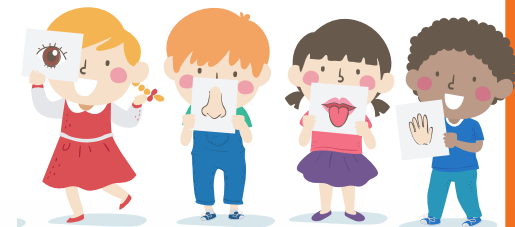
4

Beware of labelling. Our words can become our children's worlds so reflect on the language you use around your child's eating habits. Rephrase your words to send the messages of growth, encouragement and support.



5

Help your child's sensory sensitivities by regularly exposing them to foods of different textures, smells, tastes, colours... You can do this by encouraging children to interact with food in as many different ways as possible: allow them to help you with food preparation and cooking and promote sensory exploration and play with food.



6

Model behaviour. Children learn when they watch adults so make sure that you are aware of your own behaviour around food and modify it to help the right messages come out.



Check out our infographic below.



BE
PREPARED

What to do when you are being tested?

As there always going to be a time when your children might want to test how serious you are about the boundaries set around mealtimes, here is a quick summary of how to approach this:

- Validate their feelings: "I am sorry to hear that you don't like what's for dinner tonight."
- Stick to the boundary while offering limited choices: "You can either try some of it or not eat until snack time as there is nothing else available at the moment."
- Finish with an encouraging message: "I am sure you'll make the right decision for you."



WEEK SIX



MOVE MORE
EVERY CHILD ACTIVE

MEALTIME MAKEOVER 6

Make mealtimes fun by including your child(ren) in the cooking process! An appreciation of food and where it comes from is key to children taking an interest in food and their health.

Homemade Pizza

Preheat the oven to the hottest it will go. Put in 2 large baking trays, to get really hot.

Mix the flour, yeast, salt and sugar together in a mixing bowl. Make a well in the centre and add the oil, then add about 225ml water to bring together as a dough. Tip out onto a floured surface and knead for 1 minute, just until smooth. Leave to rest under the upturned bowl.

Fry the garlic in hot oiled saucepan for 30 seconds, without browning. Add the tin of tomatoes, half the basil and all the dried oregano to the pan.

Squash the tomatoes down with the back of a spoon or with a potato masher. Simmer for 15 minutes until thickened. Season to taste; remove from the heat and allow to cool to room temperature.

Roll out one ball of dough at a time on a lightly floured surface, to about 25cm in diameter. Sprinkle a large square of baking paper with the cornmeal (or alternative) then lift the dough onto the paper. Stretch and press the pizza dough with your fingertips until it is about 30cm diameter, indenting a thicker crust around the edges. **Repeat** to make a second pizza.

Divide the tomato sauce between each pizza; spread thinly. Add cheese and any other toppings of your choice. Leave to rise for 10-15 minutes.

Don't be tempted to overload your pizza!

Transfer each pizza (still on its paper) to the preheated tray.

Bake for 10-15 minutes until the dough is golden. Serve with a bowl of lovely crunchy salad and enjoy!

Share your favourite toppings and photos on the [Picky Eaters Parents' Facebook Group!](#)

Prep time: 20 minutes

Resting time: 15 minutes

Overall cooking time: 40 minutes

Makes 2 large pizza bases



Shopping List

For pizza bases:

- 400g plain flour, plus extra to dust
- 1 x 7g sachet fast action dried yeast
- 1 tsp fine sea salt
- 1 tsp caster sugar
- 2 tbsp olive oil, plus extra to drizzle
- 225ml water
- 1 tbsp cornmeal, polenta or semolina, to roll out

For the sauce:

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin peeled plum tomatoes
- ½ x 30g pack basil
- 1 tsp dried oregano (if you have fresh, use 2 tsp, chopped)

Toppings:

Try and include one tricky topping and a minimum of 3 toppings from a wider selection of options for them to choose from.

Examples - cheese, sliced peppers, sweetcorn, roast courgette, mushrooms, anchovies, pineapple, spinach, fresh tomato...



FREQUENTLY ASKED QUESTIONS

1. When to contact a medical professional about my child's picky eating?

As what we've been sharing with you isn't medical advice, if you are at all worried, please contact your GP, school nurse or other medical professional. This is particularly important if your child isn't growing and developing well and if they develop some behaviours around eating and mealtimes that worry you.

Trust your instincts.



2. Is picky eating a sign of ADHD or Autistic Spectrum Disorder?

Although picky eating can be common in neurodivergent children, it is not necessarily a sign of neurodiversity. Plenty of neurotypical children become picky eaters due to different reasons, some of which were mentioned in this programme. It is important not to focus on picky eating in isolation but to look at the child as a whole.

3. Can picky eating become a disorder?

Although most children, due to their preferences, go through a phase of picky eating at some point in their lives, some children can develop a disorder around eating. The most common one is called Avoidant Restrictive Food Intake Disorder (ARFID) and it is described as restricting the amount or types of food consumed due to fear and anxiety. A child with ARFID will have very strong reactions to certain foods based on the sensory characteristics of the food and intense fear of physical consequences of eating (e.g. vomiting, choking, pain...) Children with AFRID often struggle to maintain healthy weight. As always, if you are worried, please talk to your healthcare provider.

THANK YOU FOR TAKING PART IN OUR PICKY EATERS PROGRAMME!

All 6 weeks resources can be found below:

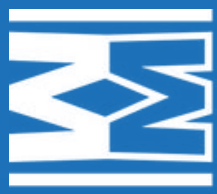
<https://bit.ly/MM-Picky-Eaters>

Your feedback is really valuable to us so that we can improve and get the right funding and support to continue to provide topical programme's and support parents through local schools. Please click the link below to fill out a quick survey.

<https://forms.office.com/e/Hm2UFhiEbt>



From everyone at Move More, we wish you all a Merry Christmas and Happy New Year!



MOVE MORE

EVERY CHILD ACTIVE



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JCK469

2024

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