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FULLY BOOKED

Friday, August 12, 2016

(Room 6)

16:30 - 18:30 WS #52: Paediatric Forum (120mins - not repeated)



Fussy eating

Learning to eat eyeball stew – Fiona Leighton Paediatric dietitian



To learn to skills to eat you need



Have a good learning environment



Have the Oromotor skills



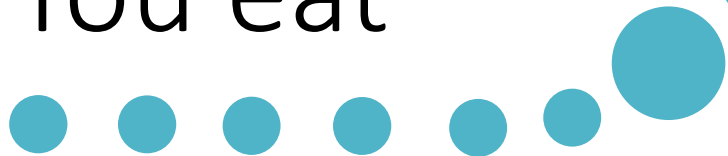
Engage the sensory brain

Eating Is Easy? ... No!

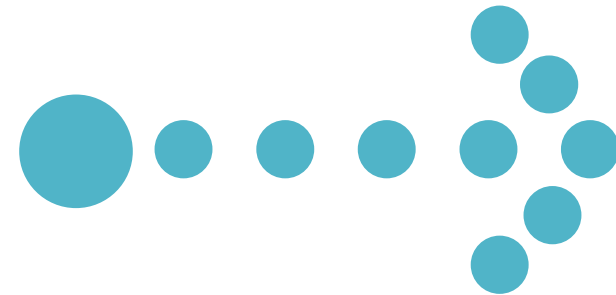
You sit



You eat



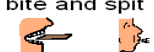
Eating is a 32
step process
& requires
integration of
all your
senses!





Eyeball stew – lets do some learning



Food Scientist Point System	
0	do nothing with the food 
1	look at the food 
2	touch the food 
3	smell the food 
4	hold in lips/teeth 
5	lick the food 
6	bite and spit 
7	bite and hold 
8	chew and spit 
9	chew and swallow 
15	eat all 

48 hour menu – easy to implement



Menu – 2 days to prevent food jags

	Day 1	Day 2
breakfast		
Am tea		
lunch		
Pm tea		
dinner		
supper		
Other options:		

Sample 48 hour menu

	Day 1	Day 2
breakfast	Weetbix, milk, Banana whole unpeeled	Bread(no crust) &marmite - quartered , milk with straw
AM tea	Ginger nuts, sliced sausage	Choc muffin, banana sliced , milk in glass
lunch	Watties meal , pumpkin Milk in sippy cup warmed	Sausage whole , mashed potato and peas
PM tea	Choc yoghurt in pottle Bread &marmite halved	Choc yoghurt in bowl Bread & Nutella quartered
dinner	Fish and Chips Apple whole	Steak, kumara mashed Apple sliced
supper	White bread & Nutella triangles Milk in glass	Nice biscuit Milk in a mug or warmed
Other options: Cruskets (same shape as Nice)	Cut bread $\Delta/\square$ toast /thin thickness. Use cookie cutters, warm or cold	Vary size of muffin Use different plates/glasses/straws

Celebrate the successes

Children are easily disheartened by the challenges of new foods

They often experience new foods as overwhelming

Children can easily feel discouraged if you do not **celebrate** with them **any** success they have with new foods

All interactions with foods up the **Steps to Eating** are chances to celebrate and make them **feel good about themselves.**

You are my FOOD
EXPLORER!



Celebrate the successes

Jenny is a food explorer (not a restricted eater).

_____ has had an AMAZING week of food fun firsts!!
She has been...

Fantastic Food News!

Creative

- came up with idea herself of putting a slice of grated cheese (new food in her repertoire) between her favourite crackers to make a cracker sandwich and bit into it eating both together.
- used her finger (a new thing to do) to scrape off butter, vegemite off the top of some sweetbuns, pretended it was a "super hero" and licked it off her finger.

Brave

Child's Name: _____ session 2

- licked a slice of tomato for the first time (!)
- ate the 100's + 1000's off a biscuit - 1st time!
- used back teeth to bite into a pretzel - first time to do this! (but after "seeing it" in a friend's bucket).

helpful

- helped mummy cook tea by putting all the (wet) 100 slices of "carrot" into the pot.
- had lots of fun with the frozen peas before they went in the pot to cook. She imitated putting them in her mouth, holding them there and spitting out into a little pot quite happily.



*She has learnt to lick
(apple, marmite
toast etc.)*

Take home message



48 hour menu

- Reduces likelihood of food jags (food burn out)
- Protects the food they already include.



Discourage these....

- Learning about food uses all your senses
- Parents can celebrate successes of all food interactions



Useful information sheet on health info

- <http://www.cdhb.health.nz/Patients-Visitors/patient-information-pamphlets/Documents/6674A-Tips-for-Happier-Meal-Times.pdf>