



MAXIMISING NUTRITIONAL INTAKE FOR CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD)

Tips for managing your child's nutrition

1

Fill nutritional gaps with high-energy, high-protein foods like full fat dairy, nut pastes, eggs and lentils. Liquid oral nutritional supplements can be useful as they have a consistent flavour and texture, which can help your child accept them.



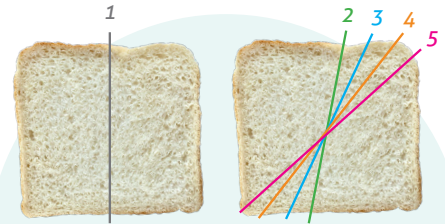
4. Share mealtimes with your child as often as you can. Eating together will help your child learn eating skills and expectations of mealtimes. Observing others eat can increase a child's natural curiosity around food.

2. Reduce stress by creating a calm mealtime environment and cook one meal for the family rather than separate meals. *Talk to your health care professional if you need help.*



Offer at least one food preferred by your child at every meal and snack. Non-preferred foods are best offered when your child is calm and alert (usually earlier in the day).

5



eg. Sandwich cutting style week 1. Followed by weeks 2,3,4 and 5.

3

Work on sensory sensitivities by making 'just noticeable' differences to the shape, colour, texture, temperature or flavour each time you serve a food. Give a two-day break before serving the same food in the same way.



6. Start small. When offering a food that has never been accepted before, start by offering tiny portions (e.g. smaller than a pea) alongside foods that the child enjoys eating.

The importance of a supportive network

Challenges with eating and drinking are often complex. Consider involving a multidisciplinary allied health team to help you. A speech pathologist, dietitian, occupational therapist and psychologist can help with different aspects of feeding difficulties.

