

## Guidelines for young children with eating and drinking difficulties





## SUMMARY OF GUIDELINES

- **As with ALL children, follow good hygiene practices for food preparation and feeding**
- **Give smaller meals more often (eg. 3 main meals and 2-3 snacks)**
- **Make sure the diet is balanced, and extra high in nutrients (for health) and calories (for strength)**
- **Make sure the food is of a smooth texture and with no bits in it**
- **Give the child 1 litre (5 cups) of water per day**
- **Use the correct utensils (small plastic cup & small plastic spoon)**
- **Position: support the child in upright position with the chin slightly down (use a special seat if possible)**
- **Communicate with the child in a positive manner**
- **Feed sensitively: small mouthfuls, slowly, watching & pausing. NEVER FORCE**

Following these guidelines will reduce the child's risk of serious ill-health and help him/her to be strong, more able and happier.

**MAITS**

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