

## Karen's Corner

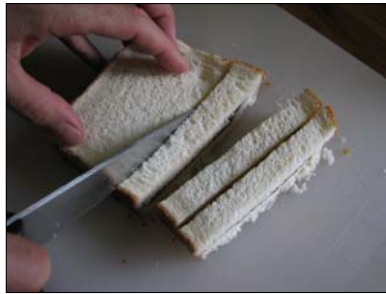


(Karen with Lauren, Derek and Poppy)

Karen is a wonderful person who is a doting mum to her 2-year-old daughter Lauren. The suggestions she makes are based purely on her success with Lauren. She is not a medical professional or trained dietician. Simply a mum who has tried and tested the best ways to get her daughter to learn the skills she needs to function in every day life – with a LOT of fun on the side!

### SANDWICHES FOR LITTLE MOUTHS & LEARNING TO CHEW.

- Freeze the bread and then make the sandwich before bread de-frosts. This allows you to cut it into bite size little squares.



### Ideas for fillings:

- Nutella/ peanut butter
  - Philly cheese + jam / vegemite
  - Pecks paste
  - Cottage Cheese
  - Hommos
  - Cream cheese
- NB: Make sure you check salt, Sugar, additive content.

### FINE MOTOR SKILLS WITH FOOD

Try using Cheerio's! Great for fine motor & sorting skills. Much better than Froot Loops.

### SELF-FEEDING

Watermelon wedges are great for this = outdoor time!





## Encouraging Drinking from a cup instead of a bottle?

Role modelling is a good way to help with this transition. Let them see the parent / caregiver using the same cup...kids always want what YOU have. Give them their own 'magic' cup & make a big fuss every time they use it. ENCOURAGE!!

### SENSORY PLAY

- Tissue Boxes – make great 'feely' containers, just fill with rice or something similar.
- Soup mix in and old pop-top bottle makes a great rattle/shaker.
- Bread dough – easier and cheaper than play dough – and tastes better!!
- Large Buckets (for children who are not mobile yet). Put the soup mix IN the bucket then let your child sit happily and play in it. Perfect for moving around the yard while watching siblings or you gardening ( Buy at a \$2 shop)

#### Also use

1.Small amount of water great splashing (under supervision) I use a non-slip bath mat under her.

2.Goop

3.Pasta Shells

When finished simply pour back into a container ready for next time



*Poppy in her Bucket.*

### SNACK IDEA

- Sweet Bread from your bakery (sliced) and then baked in the oven makes a great biscuit as it dissolves easily in the mouth. You can also puree it as a 'thickener' for children who can't manage runny textures.
- Use small pasta for soups = good for FIRST FOOD users.

