

# WEEK 1 ASSIGNMENT

## Mealtime Observations

- Notice if they show preferences for certain textures, colors, or flavors.
- What textures are they avoiding? Is there a pattern?
- Is there a color or shape preference?
- Watch for nonverbal cues that indicate your child's sensory preferences. Do they grimace or wrinkle their nose when presented with certain foods? Do they eagerly reach for foods with particular textures or colors?
- Is there a consistent trigger to my child's behaviors?
- Are mealtimes harder at breakfast? Dinner? Weeknights? Weekends?

MEALTIME OBSERVATIONS

## Insight and Feelings

- What are the thoughts and feelings you have regularly at mealtime
- How do you respond to your child when they don't eat ? How does it make me feel?
- Was there any moments that felt positive in your mealtime? What did that feel like?

INSIGHTS AND FEELINGS