

Food Mat

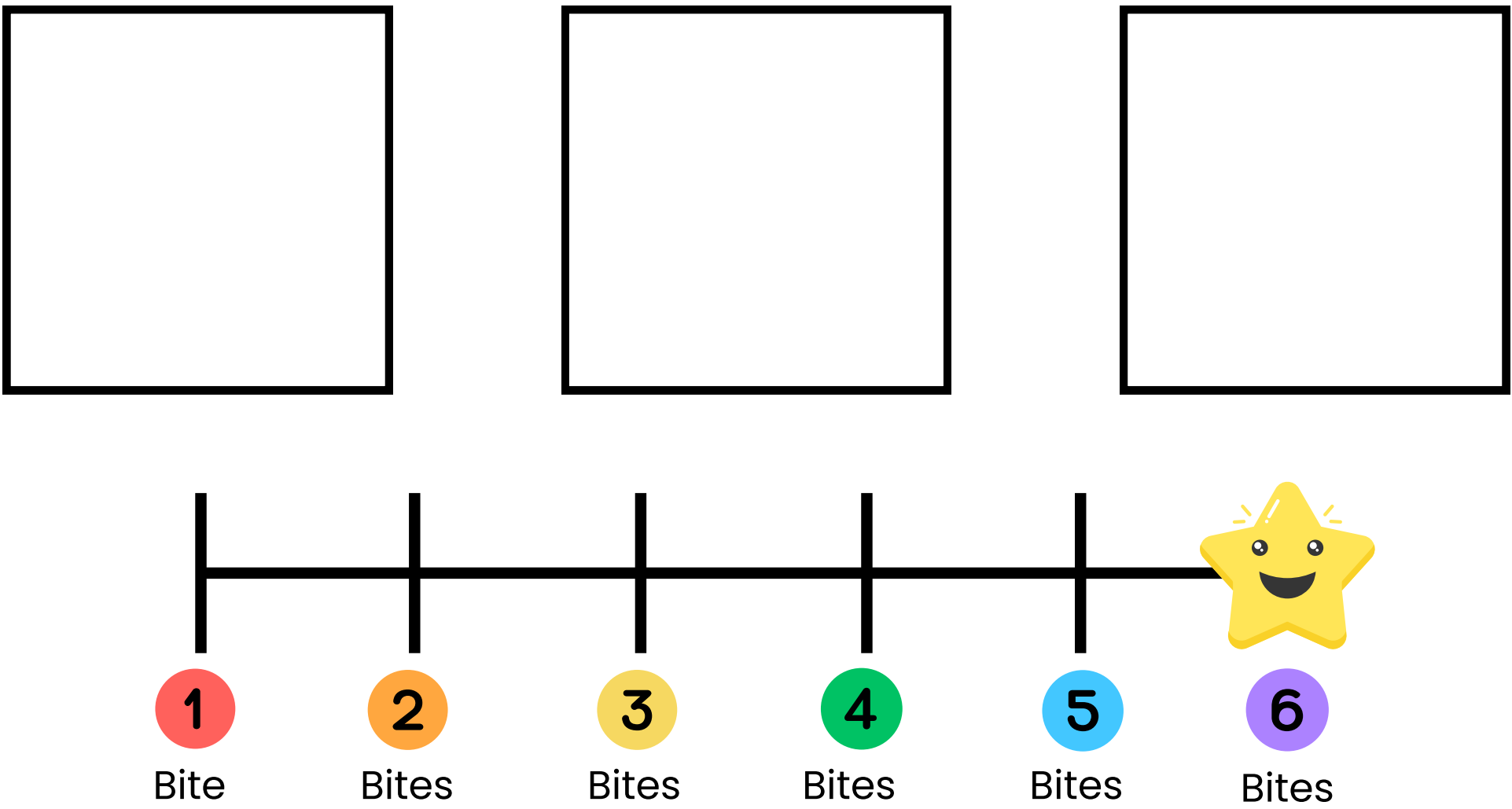
Description: Feeding mats are fun addition to the therapy and home toolkit to transform mealtime or snack time into an engaging and educational experience, providing a platform for young learners to make progress and build confidence while they eat. Encourage the child to explore the food item through biting. Don't pressure the child to bite or chew to swallow the food item! Instead, encourage them to try their best and have fun, like make "smiles" or "frowns" with their teeth bites.

Instructions:

- 1.After printing out the handout, it is strongly recommended that you either laminate the handout or place in a clear transparent paper in order to be able to reuse the handout multiple times.
- 2.After laminating or placing in a clear transparent paper, lay the feeding mat on a clean surface, such as a table.
- 3.Select preferred and semi-preferred or novel foods with the child and place it in the squares.
- 4.Encourage the child to explore and try the food item by biting the food item. Have a conversation with the child about how the food feels, tastes, smells, etc.
- 5.Use the feeding mat into your daily routine to encourage the child to engage in semi-preferred or novel foods.

Example of the Food Mat below:

Let's explore the food!



Go to the next page!
It's your turn to have fun!

Let's explore the food!

