How to Help Kids With Sensory Issues

If one of your kids has a sensory problem, then trying certain foods probably has less to do with being picky, and more to do with the overall color, texture, or flavor of the food in particular. Here are some ways to help kids with sensory problems and getting them to try new foods.

**Be Patient**

First of all, try not to rush them. Sensory issues might seem subtle, but to your child, they are a very big deal. Just having to eat something with a weird texture can be overwhelming to them. Give them time to get used to the new foods and never ridicule or punish them for not eating something. It is best that you go slow with new foods and textures, and really take your time with them. Just put it on their plate and let them experiment with a taste or just looking at it for a while until they get used to it. Eventually they will get curious and give it a try.

**Don’t Obsess Over the Situation**

If you make a big deal out of your child trying something new, it isn’t going to help them want to try it. Be as casual as possible when introducing new foods. Put it on their plate, but don’t mention it is there. If you want them to take a bite of something, offer the piece of food, but don’t stare at them while they take it or when they are trying to eat it. Kids with sensory issues can be sensitive to the extra attention and be more unwilling to try anything due to this extra attention.

**Keep Records of New Foods They Tried**

Many doctors that work with kids with sensory issues like to record everything new the child has done or tried. For example, if your son waited a while to try applesauce because it looked weird, then one day finally gave it a try and liked it, record that in a food journal for your child. You can then look back on it for your use and your child’s. You are able to see how long it took before she was willing to try it, but you can also show your daughter later on when you want her to try something, and show that she tried something new and ended up liking it. This little gentle reminder gives her a good reason to experiment again with new foods.