

Fussy or plain eaters?

Are mealtimes difficult in your home?

Does your child refuse the dinner that you have made for the rest of the family and sit on their seat as if they are on the starting blocks of the 100m sprint...Ready to run as soon as they get the chance?

As we know, most children build up their ability to eat most if not all foods, over time, by trying them throughout their developing years.

But if your child is anything like a child who completed the exercise and balance programme a number of years ago, he refused to even try some foods...Dinner time went something like this for his Mum...

She would make the dinner, for example stew. He would walk in and say "oh no, not stew! I can't eat that.

"There was no explanation as to why, he just flatly refused to even try it. All he would eat was plain white food e.g., Bread, potatoes, boiled rice then gradually fried rice (No sauce), chicken nuggets and chips (not the real chicken nuggets, only the ones that Jamie Oliver used to complain about). His favourite dinner was baked beans on toast and when we went to restaurants, he would ask me if I would ask for cheese on toast while we were ordering Sunday roast!"

If she made something that he hadn't tried before he would say "No." She would say, "How do you know you don't like it when you have never tried it before?" He'd reply. "I don't know but I'm not eating it."

She remembers one day asking him to try strawberry yoghurt (with no bits of course...She wasn't totally stupid lol). She took a spoonful...to prove that she wasn't trying to poison him and then took a clean spoon and offered it to him...He immediately gagged and turned away saying "Please Mummy, I just can't. She finished the pot, scratching her head thinking what on earth is going on?

Being honest, she thought he was just seeking attention and wanting her to make a dinner just for him. She used to make him sit until he ate it but soon realised that he could sit there all evening and still not manage it.

"It was embarrassing when we had family and friends around because the other children would just be getting on with eating their dinner and my child would be served a plate of potatoes and gravy."

It was another 2 years before she realised that a child's sensory system can send incorrect, confused signals to the brain.

That child was able to tell me that Stew used to smell like a farmyard...in other words his sense of smell was sending an inaccurate message back to the brain to be processed and there was no way he was going to eat something that smelt like something a cow left behind...To be fair

if you leave my stew sitting for long enough it looks like something that was left in a farmyard 😊.

That's right, the child I'm talking about was my Son, who is now a qualified chef and who is able to eat every type of food and tests everything for flavour while cooking for his customers. Oh and he know loves my stew!

The reality is that if your child's sensory system is underdeveloped they will have difficulty processing what something smells like, tastes like, feels like, looks like and sounds like.

If you would like more information on how my son went from eating potatoes and gravy to eating my stew please get in touch.