

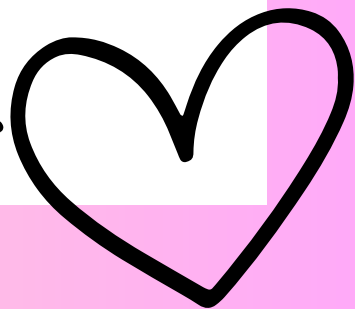


My Feeding Therapy Appointment





I go to feeding therapy to help me learn about food and how to eat it safely. My therapist is there to help me feel comfortable and have fun while I practice.





In feeding therapy, we try new things with food. We may touch food to see what it feels like, smell food to learn what it smells like, or look at food to see its colors and shapes.





It's okay if I don't eat the
food right away. I can take
small steps.



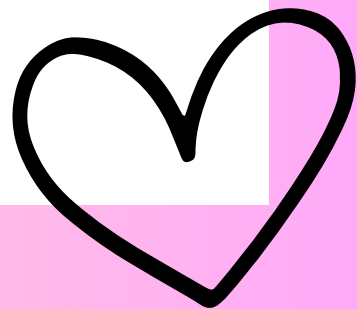


I can try licking the food,
tasting a tiny bite, or
holding it in my hand.





My therapist also helps me practice using my mouth and hands.



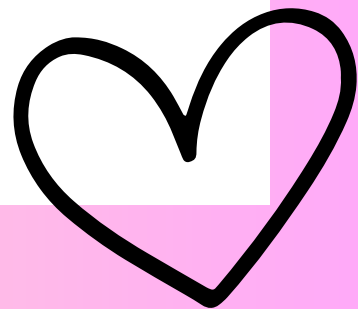


I might blow bubbles or
pinwheels, drink from a
straw, or pick up snacks with
my fingers or a spoon.



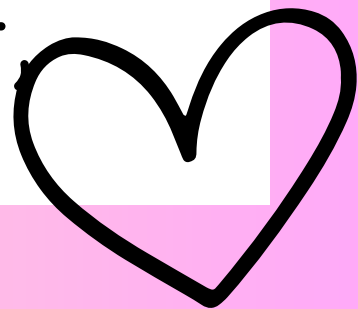


It is exciting to try new foods!





Feeding therapy helps me get stronger, try new foods, and have fun with eating. I am doing my best and I am so brave!





I look forward to the
fun things I am going to
try with my feeding
therapist!





Thank You!

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