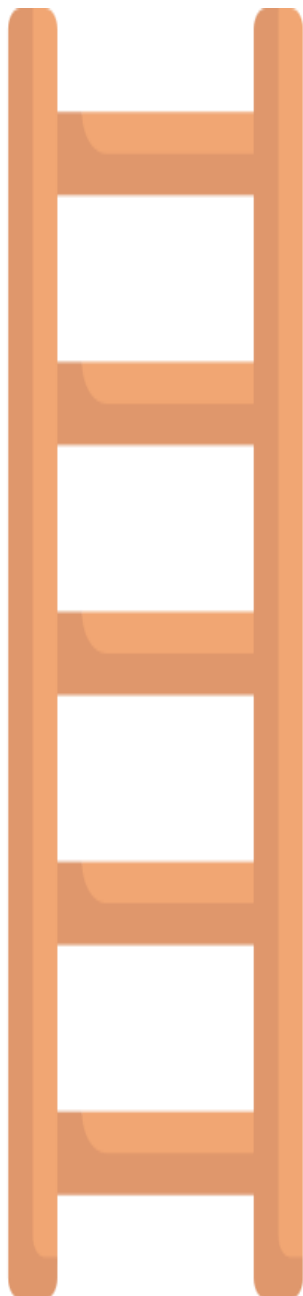


Sensory Desensitisation Ladder

Children who are very sensitive to smells and taste may prefer to eat bland food, and may find strong food smells/tastes overpowering. Other children with under-sensitivity to taste or smell may prefer stronger flavours. Some children might find the feeling of hard food, or sloppy food, very unpleasant. In order to increase the variety of foods accepted by your child, try changing the presentation of the food (e.g., shape, colour and texture) to improve the sensory experience.

For gradual desensitisation, introduce each new food or texture in small steps:



Step 6: with time they may attempt to chew and swallow the food, but don't put any pressure on your child to do so



Step 5: invite them to bite a small piece of the food (it's ok if they spit it out)



Step 4: gently encourage them to put the food to their mouth e.g., kiss it or lick it



Step 3: gently encourage them to touch the food e.g., via messy play



Step 2: invite them to smell the food



Step 1: allow the child to get used to looking at the food



