

## Fussy Eating Resources for Parents/Carers

<b>Resource Type</b>
<b>General information:</b>
Developmental milestones of feeding <a href="https://sosapproachtofeeding.com/developmental-milestones-free/">https://sosapproachtofeeding.com/developmental-milestones-free/</a>
Picky eaters v Problem feeders questionnaire <a href="https://sosapproachtofeeding.com/picky-eater-questionnaire/">https://sosapproachtofeeding.com/picky-eater-questionnaire/</a>
Nutrition Australia (Based on Ellyn Satter's DoR approach to feeding) <a href="https://nutritionaustralia.org/app/uploads/2022/03/Helping-kids-to-become-great-eaters.pdf">https://nutritionaustralia.org/app/uploads/2022/03/Helping-kids-to-become-great-eaters.pdf</a>
<b>Introducing new foods/meal ideas:</b>
SOS approach to feeding <a href="https://sosapproachtofeeding.com/">https://sosapproachtofeeding.com/</a> Parent/carer workshop - When children won't eat (and how to help!) (Free 2 hour workshop with handouts) <a href="https://sosapproachtofeeding.com/parent-workshop-when-children-wont-eat/">https://sosapproachtofeeding.com/parent-workshop-when-children-wont-eat/</a> 'Feeding trained therapist' locator (worldwide!) <a href="https://sosapproachtofeeding.com/locate-a-therapist">https://sosapproachtofeeding.com/locate-a-therapist</a>
<b>Recipes:</b>
Recipes <a href="https://raisingchildren.net.au/_data/assets/pdf_file/0022/43195/Quick-healthy-meals-for-kids.pdf">https://raisingchildren.net.au/_data/assets/pdf_file/0022/43195/Quick-healthy-meals-for-kids.pdf</a>
Website by a food writer with a lot of great recipes with 'hidden veg'. <a href="https://www.myfussy eater.com/">https://www.myfussy eater.com/</a>
Heart foundation kids recipes <a href="https://www.heartfoundation.org.nz/wellbeing/healthy-eating/kids-kitchen">https://www.heartfoundation.org.nz/wellbeing/healthy-eating/kids-kitchen</a>
Kids food website by a registered dietitian and mum <a href="https://www.superhealthykids.com/">https://www.superhealthykids.com/</a>
Healthy recipes that kids can cook <a href="https://www.healthyfood.com/recipe-collections/healthy-kids-can-cook-recipes/">https://www.healthyfood.com/recipe-collections/healthy-kids-can-cook-recipes/</a>



**Further Reading:**

Why Satter's Division of Responsibility is SO hard!

<https://www.jocormack.com/2017/02/07/2017-2-7-why-satters-division-of-responsibility-is-so-hard/>

Ellyn Satter Books

<https://www.ellynsatterinstitute.org/product-category/books-videos/>

Jo Cormack book

[https://aus.jkp.com/products/helping-children-develop-a-positive-relationship-with-food?\\_pos=1&\\_sid=ebd78906c&\\_ss=r](https://aus.jkp.com/products/helping-children-develop-a-positive-relationship-with-food?_pos=1&_sid=ebd78906c&_ss=r)