Some parents may struggle to get their children to try new foods or eat larger amounts of food. A tray which breaks down meals can be very beneficial for the children to follow and be rewarded at the end of their meal with what ever they like most i.e. a biscuit/ chocolate/toy/iPad.

Rewards can be placed each other section at first to help encourage the child to eat and then gradually extended as the child improves.

A picture containing food, fruit

Description automatically generated