

BoostTherapy

Children's speech + occupational therapy

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Exploring food and mealtimes with children who are picky eaters

HCWA Funding Eligible

What is Food Explorers?

Food Explorers is a group feeding therapy program that aims to help children learn about new foods and supports families to continue this journey at home. The group provides children with opportunities to learn about food away from mealtimes and help to reframe how they look at new foods.

Why Food Explorers?

If your child only eats from a limited range of food, you understand that getting your child to eat a new food can seem impossible.

Food Explorers aims to show children that new foods can be fun to learn about and that by engaging some of our other senses we can feel more comfortable giving different foods a go. Children attending Food Explorers will benefit from sharing this experience with their peers in an inclusive, understanding environment.

Who is Food Explorers for?

Food Explorers may be helpful for children, aged 3 – 7, who:

- Have difficulty trying foods of certain colours or textures.
- Have an autism spectrum disorder or Asperger's Syndrome and have limited range of foods they will eat regularly.
- Have a sensory processing disorder which is currently impacting on mealtimes.

Who runs the groups?

The groups are run by one of Boost Therapy's occupational therapists, and assisted by helper/s who are usually university students in speech pathology or occupational therapy.

Where and when will the sessions be held?

Sessions are held at Quaker Meeting House, Lower Meeting Room, 10 Hampson Street, Kelvin Grove.

NEXT PROGRAM – 5 x 1 hour sessions
Monday 11th – Friday 15th December 2017

What will kids and their parents/carers gain from attending Food Explorers?

Children attending the group will have the opportunity to learn about and practice the following skills in a supportive setting:

- Mealtime routines including calming sensory strategies
- Fun ways to explore the sensory properties of food
- Waiting, sharing and turn taking
- New ways to talk about food
- Benefits of peer role models

Parents and carers will gain strategies and feel more confident in knowing how to help their children further develop these skills following the completion of the group.

Pricing

A one-hour group session costs \$90 (food included); 5 x 1 hour sessions = \$450.00. As this is a group program, commitment to attend all 5 sessions is required.

Please note:

- A deposit of \$20 is required to hold your child's place in the program. This deposit will be refunded if your child attends all 5 sessions.
- If your child's registration is cancelled after the closing date for registrations, or during the program, a cancellation fee may be charged. Please note, this cancellation fee would not be able to be claimed on HCWA or Better Start funding and would need to be paid privately.

Funding options

- You may use your child's Helping Children with Autism Package funding in order to participate in the program if you wish.
- As the group program is designed and run by an occupational therapist, you may be able to claim a private health insurance rebate if you are covered. Please check with your insurer.

To register for the program please complete and return the Registration Form together with a \$20 deposit to hold your child's place.

For any enquiries about the program please contact admin@boosttherapy.com.au or 0418 357 750.

Registrations Close: 1st December 2017