

# Meal Support Menu

## Tell us what helps you!

### Sitting together quietly:

*I would prefer not to talk with anyone during my meals, but please sit beside me whilst I...*



Watch TV



Listen to music or a podcast



Use sensory/fidget items

Other: \_\_\_\_\_

### Physical comfort:

*I like to be physically comforted when I am struggling with meals*



Have my hand held



Other touch based comforting  
(rub back/wipe tears)



Use tactile items like a soft blanket, weighted toy or stuffed animal

Other: \_\_\_\_\_

## Distract & Interact

*I like to keep my mind off things, chat together and stay distracted*



*Watch TV/Movie together*



*Play a game or do trivia*



*Explore sensory/fidget items*



*Laugh together (watch comedy, tell jokes, tell funny stories)*



*Listen to a podcast or music together*



*Talk about my interests*

Other: \_\_\_\_\_

## Words of encouragement:

*I appreciate encouraging and supporting words*

- “You are getting one step closer to discharge with every bite”
- “You are doing really well! your mum is going to be so proud!”
- “This is a big challenge, but I am here with you”
- “I know the ED is giving you a hard time right now, but I can see how strong you are”

Other: \_\_\_\_\_

### Clear instructions & guidance

*I need support to do things in small steps and someone to guide me through*

- *“Now pick up your fork”*
- *“Go ahead” - Move plate towards your child, sit close*
- *“Make the bites bigger now”*
- *“I see you’re squishing the food. Please don’t. Keep eating now”*

Other: \_\_\_\_\_

### Talk it out

*I like to have the chance to talk about how I feel and what I am going through*

- *Talk about the thoughts & feelings that arise during the meal*
- *Provide space for all experiences*
- *Be kind, caring, empathetic*
- *No need to “fix”*
- *Acknowledge and validate the experiences*

Other: \_\_\_\_\_

