

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: _____

