

Fun with Food Group

Does your child have difficulty accepting or trying new foods, textures or tastes???

Do mealtimes feel like a battle????

The Sensory Gym runs a Fun with Food group during most school terms. Each group consists of no more than 6 children (with two occupational therapists leading the group). The group uses a *developmental approach* to feeding, helping children to feel more comfortable with exploring new foods and their properties (including the colour, shape, texture, smell, taste and consistency) using a social, playful non-threatening approach.

Each group runs for 10 weeks, meeting weekly for 90 minutes. The first session is a parent information night where our program will be discussed. To maintain the stability of the group, children need to be able to attend at least 8 of the 9 group sessions.

This group is intended for children from Pre-School to Year 2, (other age groups can be arranged depending on demand). To benefit from the group children need to be medically stable, demonstrate an interest in their peers, have less than 20 foods in their current diet, may refuse foods or struggle with new textures or tastes. Parents are required to implement strategies at home to get the maximum benefit from this program.

We are currently taking names for term 3, 2011 & term 4, 2011.

Please contact The Sensory Gym on (02) 45789799 to express your interest.

One of the therapists leading the group will then contact you to discuss further as a group approach may not be suitable for all children and in this situation individual sessions may be arranged.

The Fun With Food Group will be held at The Sensory Gym

4C/28 Laurence Street Hobartville