



SENSORY ADAPTATIONS FOR THANKSGIVING

• TIPS FOR EACH OF THE 5 SENSES •

Visual (Sight): Some children become overwhelmed when the visual space is too busy. Try putting 2-4 food choices (depending on age and diet) on their plate instead of a little bit of every dish.



Tactile (Touch): If the dining table is too crowded, some children may become fearful of being bumped/touched by those next to them. Set up a separate space where they can eat nearby like a kids table.



Olfactory (Smell): Some children are sensitive to the smells of foods. If the weather and/or space allows, have your child sit next to an open window during the meal to decrease the intensity of the smell.

Auditory (Hear): The clacking of silverware or noise of chewing can sometimes be bothersome. Playing music in the background or through headphones can help a child tune out these sounds.



Gustatory (Taste): This can be the most difficult sensory system during a holiday meal. It is wonderful to have an adventurous eater who enjoys trying new things, especially when made by a guest, but not all children are able to do this. During holiday meals respect your child's body and mind by allowing them to choose what foods they want to eat or try and let them know it is okay if they don't like something. Also remember that it is okay if your child does not eat a full meal. They have breakfast, lunch, and snacks (if it's a t-giving dinner) to get the rest of their calories/nutrition for the day as well as other meals during the rest of the week.