



ADAMS COUNTY LIBRARY SYSTEM
PRESENTS

An All In(clusive) Story Time



Things You Can Do At Home

Here are some things suggested by Miss Nicole that you can do at home.

Help your child say yes to food, rather than no. Create a sensory bin with different foods. What sticky food can you put in? How about smooth? Or bumpy? "Playing" with food can help kids become accustomed to certain foods that they might have problems with.

When eating dinner, let your child put like foods together. Have them group the unwanted food with accepted food by their shape, color, texture, etc. For more information, visit https://www.sensorysolutions.org/application/files/2214/9815/7292/Food_School_Handout-1.pdf