

# What Causes a Child to Have Challenges with Food and How Do You Overcome That?



In developmental stages, children's brains are moldable. If food was not a reliable thing, there is a lack of trust and great precaution around meal time. Food can become a negative coping mechanism through **eating quickly, inability to share food, irrationally upset about food touching, stashing food for later, etc.** Meal time can be difficult for children with trauma but there are ways to mend it.



## Make Mealtime Fun!



Get kids involved in the process of making and preparing a meal or snack. Have them fill baggies with pretzels or let them stir the soup. This allows their senses to take it all in, the smells, textures, sights of the process of meal time!

Have a family meeting. Ask what he or she wants to eat for meals this week, and talk about the plan for dinners. Preparing a child for what's ahead and letting have a say can ease from anxiety around meal time.



Kids are sponges. They have a desire to learn, so use meal time as an education opportunity. Explain how food provides energy and helps them grow. Teach about colors and food groups and the importance of eating vegetables and fruits.

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