

Keep it Novel



If you want to change the behavior... ..change the stimulus
To increase interest and attention make the experience novel (new)
Vary the utensils, napkins, plates, cups, chairs, to create interest

Use a “spoon” that is not a “spoon”

- Carrot sticks, apple slices, pretzel sticks, breadsticks
- Straws, coffee stirrers or toothpicks
- Cocktail forks
- Corn cob holders



Dips

- Try **new** foods in a familiar dip
- Introduce a **new dip** with foods you already dip
- Dip **wet** foods into crumbs or sprinkles

- Make “puzzles” out of sandwiches
- Make sandwich stacks out of crackers
- Match shapes of crackers/sandwiches/cheese slices
- Make fun shapes using cookie cutters
- Create a face on French toast
- Drink a puree from a straw
- Try some connector straws to drink liquids
- Use a spoon for drinks
- Medicine spoons

