



List of Resources: Feeding

1. **Kids Eat in Color**- <https://kidseatincolor.com/> - excellent website run by a dietitian
 - addresses Picky Eating for both young toddlers and children -offers a free downloadable Picky Eating Guide
 - Can sign up for regular emails with frequently asked about nutrition and feeding topics – blogs

For children only drinking milk/bottles: here is an article to get families started *******(but likely should be followed up by the team)

- <https://kidseatincolor.com/toddler-refusing-to-eat-anything-but-milk/>

2. **Feeding Plus** - <https://www.feedingplus.com/> - run by a pediatric Speech Therapist

- Offers blog posts regarding a number of feeding issues including picky eating- sign up for emails
- Addresses Autism and picky eating <https://www.feedingplus.com/autism>
- Offers virtual therapy

Blog re starting school/ day care:

- <https://www.feedingplus.com/blog/feeding-help-for-kids-at-school-and-daycare>

3. **Unlock Food** - <https://www.unlockfood.ca/en/aboutunlockfood.aspx> - run by Dietitians of Canada

Picky Eating Strategies:

- <https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Say-Goodbye-to-Picky-Eating!.aspx>

4. **Feeding Matters**: run by a number of professionals_provides a nice questionnaire to help parents understand their child's feeding in terms of where their strengths and needs are from a developmental perspective

- <https://questionnaire.feedingmatters.org/>

also offers resources – articles/ videos regarding pediatric feeding disorder

5. **Our Kids Table** – OT run website- <https://yourkidstable.com/>
 - Blogs/ emails/ free virtual picky eater workshop
 - Also offers lots of information re sensory processing

6. **Sarah Remmer:** <https://www.sarahremmer.com/> pediatric dietitian run website
 - Intuitive eating and children <https://www.sarahremmer.com/teaching-kids-intuitive-eating/>
 - Picky eating and ADHD: <https://www.sarahremmer.com/picky-eating-and-adhd/>

7. **Nutrition for Littles** – Podcasts and blogs – run by a dietitian
 - <https://nutritionforlittles.com/podcast/>

8. **8. My Munch Bug:** <https://mymunchbug.com/> **Melanie Potock – Speech Therapist run website**
 - Offers a wealth of articles/ videos for both parents and professionals

Other:

****Our team is currently in the process of creating a hand out/ summary but in the interim:

Some helpful articles about Food Chaining:

<https://firststepnutrition.com/blog/food-chaining/>

<https://dietitianwithadifference.co.uk/food-chaining/>

<https://yourkidstable.com/food-chaining/>