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Contact us if you would like this document in large print size 18 or 24 point font, in spoken word, printed or as a computer file.

If you require help understanding this leaflet because it is written in English please telephone 0116 295 4743.

এই ডকুমেন্ট'এর কোন বিষয় বুঝতে আপনার যদি সাহায্যের প্রয়োজন হয়, তাহলে অনুগ্রহ করে 0116 295 4743 নাম্বারে টেলিফোন করুন।

જો તમને આ દસ્તાવેજમાં આપેલ માહિતી સમજવા માટે મદદ જોઈતી હોય તો મહેરબાની કરીને **0116 2954743** પર ફોન કરો.

अगर आपको इस दस्तावेज़ में शामिल जानकारी समझने में सहायता चाहिए तो कृपया 0116 295 4743 पर फ़ोन कीजिए।

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Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

اگر اس تحریر کے سمجھنے میں آپ کو مدد کی ضرورت ہو تو مہربانی کر کے **0116 2954743** پر ٹیلی فون کریں۔

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Information for Parents
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What is Messy Food Play?

Some children can be more sensitive to tastes and textures than others. These children are more aware of differences in the way that food looks, tastes and smells. They also dislike getting their hands dirty and may have worries about changes in routine.

Messy food play is about introducing different food smells, tastes and textures through play. It is hoped that by experiencing foods in a fun way a child will be more willing to try tasting and eating new foods.

Some Tips to Help Your Child

Some children may need encouragement to fully join in activities. You can do this through giving praise, joining in the game yourself, as well as physically helping your child to touch foodstuffs. With wetter foods it may be helpful for your child to wear plastic gloves, which can be gradually removed as your child develops in confidence. Start with dry foods first.

- Always start food play by washing and drying your child's hands. **This will help them to accept textures more easily.**
- Remember that a child needs to go through lots of different steps in order to finally taste a food e.g. tolerate: **being in the same room as the food, looking at it, stirring it with a spoon, smelling it and touching it.**
- Ask other family members and friends to join in with you. **Children are more likely to join in if other children are participating as well.**
- Encourage your child to take part in cooking activities e.g. threading food kebabs, making soups and smoothies, biscuits and cakes.
- Have pretend tea parties with toys using real foods, where your child takes the lead role in deciding the menus! **Allowing your child to take control will give them more confidence with foods.**
- **Finally, make it 'Fun, Fun, Fun.' positive experiences will mean that they will be more willing to taste new foods.**

Messy Food Play Ideas

Here are some ideas of games and activities you can play with your child.

- Filling up plastic cups with dry cereal, porridge oats, and breadcrumbs, and knocking them over with skittles.
- Pushing toys around in dry foodstuff.
- Place food items in a feely bag for them to touch and smell e.g. lemon juice, tomato ketchup, fromage frais or to touch texture e.g. dates (sticky) apples (smooth) biscuits (hard) marshmallows (soft) and yoghurt (wet).
- Finger painting with different sauces, ice-cream, sweet sauces, cheese spread, and mayonnaise on a wipe able mat or mirror.
- ~~Playing in a bowl of wet noodles/rice/pasta, placing small pieces of cooked vegetables and encouraging your child to pick out as many as they can find.~~
- Mashing down cooked vegetables and fruit on a tray, and making handprints on paper.
- Playing in jelly, mousse, angel delight and then coating your hands in hundreds and thousands/chocolate sprinkles.
- Making fruit and vegetable faces on paper plates.
- Making cooked rice and pasta sandcastles and decorating them with cooked vegetables.
- Blowing pureed fruit and vegetables with straws.

