



Food Textures

Some children may be sensitive to textures when it comes to food. If you notice that your child won't eat certain foods, ask yourself if this is related to texture? For some children, certain textures are irritating to them. Try looking for foods that have a texture your child can tolerate. Over time you can help your child learn to accept different textures. Keep in mind that not everyone needs to be okay with all textures. Below is a chart with ideas on different food textures.

Talk with your Chat Clinician if you think the problem with textures is so severe it is getting in the way of your child's learning.

