

SPROUT

Picky Profile

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[CHILD'S NAME]

FUSSY EATING PROFILE

We have analysed all of the information and answers from 50+ questions that you have provided about your child's eating and mealtime behaviours.

- **Read and reflect:** It is a summary of the possible reasons your child might be experiencing fussy eating and provides an overview so you can see the dominant factors at play.
- **Apply and filter:** You can use it help you filter future information to make sure its right for you and your child
- **Share with others:** share results with other members of the family and child carers (e.g. school) to help keep them informed

Click each tile to discover more

NEOPHOBIA

Fear of new foods. Usually, a phase which starts around 15 months - 2 years of age. Some outgrow this, while others continue to fear new foods later in childhood.

MEDIUM

TEMPERAMENT

Temperament refers to the characteristics that make your child who they are - like cautiousness, a preference for routine or being emotional in nature.

HIGH

ANXIETY

Feeling anxious plays a role in fussy eating. Children may be anxious about food, or about other things outside of mealtimes. This can affect appetite.

LOW

MILK INTAKE

Milk is a high protein high energy liquid food. The amount your child drinks and when they drink it can affect their appetite for solid foods.

LOW

BODY

When all parts of our body "machine" are functioning well - it helps us to eat well. Issues like constipation, reflux, and allergies can make eating scary or painful.

LOW

LIFE EVENTS

Both good and bad events can contribute to fussy eating due to changes in routine, food availability, potential stress, and the impact on parenting.

LOW

SENSORY

We have 8 senses that all play a part in eating. Sensory preferences impact children's food choices but also how they manage the eating environment.

HIGH

ORAL MOTOR SKILLS

It takes time to learn to coordinate all the muscles in the mouth to chew and swallow different food textures.

MEDIUM

NEOPHOBIA

MEDIUM

Fear of new foods. Usually, a phase which starts around 15 months - 2 years of age. Some outgrow this, while others continue to fear new foods later in childhood.

Neophobia is possibly playing a part in your child's eating. Don't worry, even if your child is really nervous of new foods, we'll help you to find the best way to introduce them. Try to remember at mealtimes that this is a real fear. Pushing them to eat foods is likely to have a negative effect on appetite and how much is eaten. You'll get lots of advice on how to offer new foods as you work through the programme.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

[Links, articles, extra support for you to explore relevant to you and your child]

TEMPERAMENT

HIGH

Temperament refers to the characteristics that make your child who they are – like cautiousness, a preference for routine or being emotional in nature.

It is likely that your child's temperament is contributing to their eating behaviours as well as how you respond to them. We'll be keeping this in mind when building your mealtime structure, making changes, and introducing new foods.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

[Links, articles, extra support for you to explore relevant to you and your child]

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ANXIETY

LOW

Feeling anxious plays a role in fussy eating. Children may be anxious about food, or about other things outside of mealtimes. This can affect appetite.

Anxiety does not seem to be one of the main reasons for your child's fussy eating. Anxiety is not always obvious – remember to look out for the subtle signs like clinging to a set list of foods, trying to 'control' the situation, refusing new foods, being extra talkative to distract from eating, or being more reserved than usual.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

[Links, articles, extra support for you to explore relevant to you and your child]

MILK INTAKE

LOW

Milk is a high protein high energy liquid food. The amount your child drinks and when they drink it can affect their appetite for solid foods.

Your child's milk intake is unlikely to be contributing to your child's eating. However, it is worth thinking about when you are offering milk. If you are giving it right before a meal or as an alternative because your child hasn't eaten, it could still be having an impact even at low levels.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

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BODY

LOW

When all parts of our body "machine" are functioning well – it helps us to eat well. Issues like constipation, reflux, and allergies can make eating scary or painful.

It sounds as though the body issues that we have covered are not affecting your child's eating. We have covered some of the most common issues. If you feel that there are any other medical factors at play please speak to a healthcare professional.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

[Links, articles, extra support for you to explore relevant to you and your child]

LIFE EVENTS

LOW

Both good and bad events can contribute to fussy eating due to changes in routine, food availability, potential stress, and the impact on parenting.

It seems like life events have not had a big impact on your child's eating. One to bear it in mind for the future!

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

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SENSORY

HIGH

We have 8 senses that all play a part in eating. Sensory preferences impact children's food choices but also how they manage the eating environment.

It is likely that sensory preferences are contributing to your child's eating. They scored high in some areas (particularly body awareness, touch and taste) but not in all. Remember, we all experience the world differently. What is pleasant to one person may feel painful or unbearable for another (such as the taste of chili, the feeling of a haircut, or loud music) If your child is highly distressed by sensory information it is a good idea to speak to an Occupational Therapist who specialises in sensory processing.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

[Outline of specific actions you can take with your family and things to look out for]

Things to look at?

[Links, articles, extra support for you to explore relevant to you and your child]

ORAL MOTOR SKILLS

MEDIUM

It takes time to learn to coordinate all the muscles in the mouth to chew and swallow different food textures.

Sometimes children just need some extra time to strengthen their oral motor skills, and this happens naturally. Some things that look like oral-motor difficulties may be due to other reasons like anxiety or sensory preferences. However, if you have concerns about your child's chewing and swallowing skills it is important to ask your GP. They may be able to refer to you a Speech and Language Therapist who can assess oral motor skills.

What does that mean?

[Clear explanation of how this might impact your child's eating now and in the future.]

What can you do?

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