

Our Vision
Transforming children's lives

Our Mission
To help children flourish through
therapy and family support

Accessing our services

Families can contact us directly to access most of our therapy services. A referral from a doctor or other allied health professional is not required for our private services, but families need to meet eligibility requirements to access government funded programs.

Cost of services

The cost of service depends on the funding source, length and type of service required. Some therapy services can be partially claimed through Medicare if a referral for a GP / Team Care Arrangements Plan is made by a GP. Private health rebates may also apply. As a charitable organisation, the cost of Kids Are Kids! services are subsidised to be affordable for all families.

Payments and cancellations

Payment is required at the time of the service. Payment for assessments is required at the first assessment appointment. The assessment report will be released once full payment has been made. We require 24 hours notice for cancellation or rescheduling of appointments otherwise a 50% fee may apply.

Enquiries and appointments

We understand that the health system can be complex and we support families to understand which programs and services you may be eligible to receive. For further details about any of our programs or to discuss your child's difficulties and needs please contact us.

REACHING POTENTIAL TOGETHER

The Kids Are Kids! team is passionate about helping children and families.

Our dedicated team of qualified therapy professionals provide specialist therapy services including:



Speech Pathology
Occupational Therapy
Physiotherapy
Clinical Psychology
Parent Workshops & Support

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



a: 26 Parry Avenue Bateman WA 6150
p: PO Box 1096 Booragoon WA 6954



t: (08) 9313 6566
f: (08) 9313 5566



e: info@kidsarekids.org.au

Mealtime Difficulties

www.kidsarekids.org.au

KIDS ARE KIDS!
THERAPY & EDUCATION CENTRE INC.



Eating and sharing a meal is often a fun and enjoyable experience, but for children who are picky or fussy eaters mealtimes can be an anxious and stressful time for both the child and their family.

Eating is often thought of as an easy process - just sit down, put the food in your mouth and eat. In fact, eating is one of the most complex processes that requires the co-ordination of all systems in the body, including physical, neurological, sensory and behavioural. If there are challenges to any of these systems then mealtime difficulties may arise.

Eating the sufficient volume of food and appropriate nutrition has an immediate impact on sleep, behaviour and general development.

Problem eating and mealtime difficulties can influence a child's achievement of language, motor and behaviour milestones, and influence their health and wellbeing.

Common reasons for mealtime difficulties

There are many factors that may contribute to difficulties with eating and food aversions. Some possible reasons for mealtime difficulties include:

- Having a negative experience at mealtime due to pain or discomfort e.g. choking, gagging, reflux or vomiting may lead to avoidance of foods
- Poor oral strength and immature oral motor skills can make it difficult to manage foods
- Difficulties with sensory processing can make it challenging for children to maintain their balance and posture at the table, or to tolerate the sight, smell, touch and taste of foods
- Stressful mealtime environments, unpredictable mealtime routines, and cultural beliefs towards eating and mealtimes
- A diagnosis of a developmental delay or disability



Family Centred Approach

We are a family-centred practice, meaning that families are an integral part of the intervention team, and work with therapists to develop their child's skills together. This approach recognises the expertise of the family who knows their child's needs the best. The family and therapy team work together to set goals based on the family's objectives.

Signs of mealtime difficulties

Children can experience mealtime difficulties in a variety of ways. Some signs that may indicate that your child is finding eating and mealtimes challenging may include:

- Having a limited variety of tastes and textures in their diet
- Demonstrating food refusal
- Having challenging behaviours around eating and mealtimes
- Experiencing difficulty participating at mealtimes
- Ongoing poor weight gain or weight loss
- Problems with choking, gagging, coughing or vomiting during meals
- Difficulty transitioning to baby food purees, or to table food solids
- Family feels that mealtimes are a battle

How we can help you and your child with mealtime difficulties

Occupational Therapists, Speech Pathologists or Clinical Psychologists may be involved in working closely with you and your child to address physical, sensory, and behavioural needs around food and mealtimes.

We can help your child to:

- Learn to have a fun and positive experience with food
- Learn mealtime routines and cues to eating
- Discover and explore food through their senses
- Learn about foods and eating through social modelling and imitation of others
- Develop oral motor skills

At Kids Are Kids! we can develop an individual therapy plan to help your child overcome mealtime difficulties; or there may be a group program that your child can participate in to address specific mealtime challenges. Please call our friendly team on 9313 6566 to find out more.