



*Sarah Lynne*

Nutrition and Wellbeing

# Explore with Food

## PROGRAM

Sarah Lynne's Explore with Food Program is a flexible, one-on-one introductory program designed to help children and young people of all abilities overcome restricted eating patterns or food aversion and build confidence with eating a variety of food, while also supporting the development of communication and social skills and physical and mental health.

Working in the comfort of her client's own home, Sarah takes a holistic, gentle, hands-on approach to first establish trust, rapport and connection with her clients and then, within the safety of the therapeutic relationship, joins with them as a partner in exploring food in a safe, non-intrusive, creative and fun way through play, cooking and sensory engagement, where natural curiosity is the guide and pressure is excluded. The goal of this approach is to gently nurture the growth of the child's autonomy and confidence with food.



# How it Works

Each program begins with an assessment and discovery stage where, in addition to learning about the eating behaviour itself, Sarah connects with her client and learns about their life inside and around their home, their family meal times, their meal time behaviours and interactions, their unique needs, interests, strengths and challenges (this may include sensory and motor difficulties), which in turn allows her to tailor her approach to best suit her client's needs and interests. Following the discovery stage, each session with Sarah typically includes having at least one snack/meal together for role-modelling and the facilitation of an activity that may include:

- Learning about kitchen safety
- Learning how to cook and sensory engagement with ingredients
- Food literacy and food science experiments
- Exploring food texture with sensory play
- Creating, colouring and painting with food pigments
- Creating and nurturing the growth of edible gardens
- Learning how to budget, plan and shop for a recipe
- Food decorating with food pigments and edible flowers
- Giving parents a night off by helping to cook a family meal
- Cooking with siblings

- Community engagement by visiting local farms and learning about farming and food origins
- Starting a kitchen herb garden

Play time following the child's lead may also be included to cultivate connection and engagement. Each program will be uniquely adapted according to the client's needs and abilities.

At the conclusion of each session Sarah will follow up with and provide feedback to parents/caregivers. Throughout the duration of the program, parents will receive education and support in learning how to reduce the struggle at mealtimes while further nurturing their child's confidence in a broader variety of food. The program will run for a minimum of 12 weeks after which we will move into a maintenance stage or engage with further learning. Sessions are usually weekly or fortnightly and are typically 2-4 hours in duration.

**This program is funded by the NDIS under self or plan-managed plans.**

**For enquiries please email [hello@sarahlynne.com.au](mailto:hello@sarahlynne.com.au) or contact Sarah on 0403 712 962.**