



Children's Rehabilitation Center Occupational Therapy Home Program

Finger Feeding



1. Offer at least one finger food each meal. Make sure the food is in "bite-size" pieces.
2. Examples of finger foods are cooked green beans, cooked diced carrots, and potatoes, dry cereals ie. Cheerios, cooked pasta, pieces of toast, and bite size pieces of canned fruit.
3. Make sure an adult is with the child in case the child needs help. Foods that should **NOT** be given to a child beginning to finger feed include peanuts, popcorn, hot dogs, raw carrots, and hard candy. These foods are easy to choke on.
4. Only put a few pieces of food in front of me at a time so I don't put too much in my mouth.
5. Teach me the names of the food I eat while we are eating our meal.
6. When I begin to push my food away or drop it on the floor that lets you know I am full.