



Is Your Child Refusing Lumpy Foods?

(for children over 1 year of age)

Does your child

- ☀ Gip or gag with lumps
- ☀ Spit out food
- ☀ Only eat smooth foods
- ☀ Still have a bottle and will not use a cup for drinks.

If so, your child is probably just sucking their food and not chewing it. The next stage from sucking is 'munching', this is when a child first starts to chew using 'up and down' jaw movements.

Later, the tongue moves the food from side to side between the teeth. The lips are usually closed.

Finally, the jaw begins to move backwards, forwards and sideways, this means true chewing has developed.

Remember
learning a new skill can
take time, try to keep
meal times enjoyable.

The following section has suggestions to help your child develop chewing skills.

If your child is unable to manage this, perhaps they are not ready for chewing yet.

You can discuss this further with your Health Visitor / Speech and Language Therapist / Dietitian.

The First Step

Your child must learn to bite before they can chew.

You can encourage biting by putting a 'bite-dissolve' food such as a soft crisp (e.g. Wotsits, Quavers, Cheese Puffs) between your child's side teeth.

Try to help your child bite down on a crisp. The crisp will then soften and can be sucked and swallowed safely.

The following foods do contain sugar and salt. However, they can be used to help your child bite. Healthier foods can be introduced at the next step to help with chewing.

Bite and Dissolve

Sweet

Wafer biscuits
Ice cream wafers
Sponge fingers
Sponge cake
Chocolate buttons
Malted milk biscuits
Chocolate fingers
Meringue
Cheerios (cereal)
Rice Krispies
Rich Shortbread
Biscuits
Ice Lollies

Savoury

Soft crisps e.g.
Wotsits, Skips, Prawn Crackers, Quavers.
TUC cheese biscuits
Mini Cheddars
Toddler Snacks e.g.
Pom-bear snacks,
'Goodies' – organic
Carrot Stix snacks.

The Next Step – Try to encourage your child to feed themselves with these finger foods

Once your child can attempt to bite, offer easy to chew foods such as:

Bite and Chew easily

Sweet

Ripe peeled pear,
nectarine, peach or
mango.
Cooked peeled apple
Cooked peeled pear
Ripe Banana

Savoury

Wholemeal bread/
brown (not granary)
Soft cooked carrot,
parsnip or potato
Soft toast
Cheese slices/triangles
Soft cooked Chicken/
fish
Grated/crumblly
cheese e.g. Cheshire
Soft cheese e.g.
Dairylea/cream cheese
Soft cooked pasta
(without sauce)



Spoon Foods



To help your child accept lumps it is important to keep lumps well cooked and well chopped first.

The sauce / gravy in bought (tins / jars) stage 2 baby foods e.g. from 7 months of age, is often too runny. It is important that the sauce / gravy is quite thick so that the difference in consistency between the lumps and sauce is not too great.

To help thicken the sauce or gravy or to make a more even consistency between the sauce and lumps, try:-

- ☀ Mashing stage 1 and 2 baby foods together.
- ☀ Mash lumps into sauce.
- ☀ Add well cooked mashed vegetables into stage 1 baby foods (avoid stalks or skins, e.g. peas, baked beans).

Try putting the spoonful of food into the side of your child's mouth and alternate from one side to the other.

This encourages the tongue to move from side to side, developing your child's chewing skills.

Very gradually increase the size of the lumps as your child shows some of the side-to-side tongue movements and up and down jaw movements.

This can take a long time to learn and your child may do better some days than others.

Some foods to try at mealtimes:-

- ☀ Lentil dish – cooked masoor dahl and channa dahl.
- ☀ Well cooked pasta and smooth sauce.
- ☀ Cooked vegetables – not those with skins e.g. peas, baked beans.
- ☀ Minced soft chicken / turkey in thick sauce or thick soup.
- ☀ Soft cooked fish in sauce.

pudding Ideas

Small soft pieces of fruit or chocolate in a thick yoghurt, thick mousse, Angel Delight, ground rice, fromage frais or custard.

Small soft pieces of sponge cake in thick custards.

Rice pudding (if sauce is very runny, drain off).

Notes

Telephone: 01274 365108 (8.30am – 4.30pm) Answerphone available outside office hours.

You can contact us using the Relay UK app. Textphone users will need to dial 18001 01274 365108

Email: Dietitians.Office@bthft.nhs.uk **Website:** www.bradfordhospitals.nhs.uk/dietetics

If you need this information in another format or language, please ask a member of staff to arrange this for you.

Food for Life
Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust
Bradford Speech & Language Service is located within Bradford District Care Trust.

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