When to Wonder: Picky Eating Resources

Brought to you by
The WonderLab in the Department of Child and Adolescent Psychiatry at NYU Langone Health
When to Wonder: Picky Eating Resources

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WHAT IS PICKY EATING?

About 20 of 100 (20%) young kids are moderate or severe picky eaters.
- 17 out of 100 (17%) have a restricted diet (moderate)
- 3 out of 100 (3%) have a restricted diet that limits their ability to eat with others (severe).

Picky eating is
- Sometimes a normal part of development, a “phase.” Between 2 and 3 years old, kids may decrease the variety of food they will eat. They may resist trying new foods. Openness to food variety may increase as the child grows up.
- Sometimes an enduring pattern of eating and feeding behaviors that children do not “grow out of.”
- Eating a very limited range of foods, having strong food preferences, being unwilling to try new food, lack of interest in food, having strong reactions to the smell, taste, texture, or look of food.
- Not just about the child’s eating behaviors.
- About how the child feels and experiences the world, especially food and eating.
- About emotions, like fear and worry and disgust.
- About how a child experiences the taste, texture, smell, and look of food.
- Sometimes called “selective eating.”

Children with moderate or severe picky eating
- Are often extra-sensitive to taste, smell, food texture, and how food looks, which Dr. Zucker calls “sensory superpowers.”
- Are often extra-sensitive to loud noises, lights, and motion.
- May have experienced choking, gagging, or swallowing difficulties.
- May have witnessed another person choking or gagging.
- May be afraid of vomiting, choking, or gagging.
- May have tummy aches.
- Can be skinny, regular weight, or overweight.
- May have their nutrition and growth impacted, but often don’t.
- Often feel weird, embarrassed, a “bad” person, or disappointing.
- May have social anxiety, general anxiety, separation anxiety, and depression.
- May have autism spectrum disorder or other developmental challenges.
- Can have many conflicts with parents and family members, especially at mealtimes.
- Can find it hard to go to playdates, birthday parties, family gatherings, or eat out because they are worried or upset about what they can eat.

Parents of picky eaters
- Often feel frustrated, worried, sad, powerless, mad, or overwhelmed.
- Often feel their child is rejecting them.
- Often feel criticized and judged by family members, friends, busy bodies.
- Get lots of advice that simply doesn’t help.
- May have their own childhood experiences with picky eating or food issues.
- May be picky eaters still.
● May be struggling with anxiety, depression, or an eating disorder.
● May feel alone.

Bottom Line: You are not alone. It is hard to be a picky eater! And it is hard to be the parent of a child you love who is a picky eater! There is help and hope.
WHAT IS ARFID?

ARFID (Avoidant Restrictive Food Intake Disorder) is an eating/feeding disorder.
Here are the symptoms of ARFID:

- Eating or feeding disturbance (lack of interest in food, sensory aversion to food, or concerns about choking, gagging or vomiting from eating).
- Weight loss or failure to gain weight or grow, significant nutritional deficiency, dependence on tube feeding or oral nutritional sustenance, or severe interference with child’s functioning.
- Child doesn’t have anorexia, bulimia, or a medical condition, and has food available.

ARFID is a new diagnosis, so we still have a lot to learn. A 2017 study found that 3/1000 children had ARFID. Children with ARFID were more likely to have a co-occurring medical condition, have gastrointestinal distress, and have an anxiety disorder.

If you are concerned that your child might have ARFID, please talk with your child’s doctor.

Here a few links about treatment:

Helpline
National Eating Disorders Association

Dr. Zucker
Duke Center for Eating Disorders

You can help researchers at the Duke Center for Eating Disorders learn more about childhood ARFID:

Join Duke Database for Parents of Kids with ARFID
SUPPORT FOR PICKY EATING

Talk with your child’s doctor if you are worried about your child’s picky eating. Here are some tips for you to try at home.

Dr. Nancy Zucker on Picky Eating
Food Sleuth Radio

Tips for Parents of Picky Eaters

The Picky Eater Project
American Academy of Pediatrics

Tips for Parents of Young Picky Eaters
Zero to Three

Tips for Picky Eaters
Mayo Clinic

Tips for Picky Preschoolers
US Department of Agriculture

Picky Eating Strategies
Department of Child and Adolescent Psychiatry, NYU Langone Health
NUTRITION

Here is some information about nutrition and young kids.

Nutrition and Your 1-year-old (English)
Nutrition and Your 1-year-old (Spanish)
Nutrition and Your 2-year-old (English)
Nutrition and Your 2-year-old (Spanish)
Nutrition and Your 3-year-old (English)
Nutrition and Your 3-year-old (Spanish)
Nutrition and Your 4 or 5-year-old (English)
Nutrition and Your 4 or 5-year-old (Spanish)
Nutrition and Your Grade school Child
American Academy of Pediatrics

Young Child Health
Zero to Three

Nutrition: Kids

Nutrition: Infants and Toddlers
Centers for Disease Control and Prevention

Eating Well
Sesame Street in Communities

Early Roots of Lifelong Health
Center on the Developing Child

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Adolescent Psychiatry at NYU Langone Health
DEVELOPMENT & MENTAL HEALTH

Understanding young children’s healthy development—physical, social, emotional, and cognitive—will help you understand your child’s strengths and challenges. Early childhood mental health is critical for healthy development. Knowing the warning signs of mental health challenges will help you support your child’s healthy development.

DEVELOPMENT

Milestones from 0-3

Social / Emotional Development
Zero to Three

Toddler Development

Preschool Development

Grade school Development
American Academy of Pediatrics

EARLY CHILDHOOD MENTAL HEALTH

Early Childhood Mental Health
Zero to Three

Toxic Stress and Early Childhood Mental Health
Center on the Developing Child

CHILD AND ADOLESCENT MENTAL HEALTH

Child Mental Health
Centers for Disease Control

Child Mental Health
SAMHSA

WonderLab | Department of Child and Adolescent Psychiatry at NYU Langone Health
Child Psychiatry
American Academy of Child and Adolescent Psychiatry
AUTISM

Picky eating is more common in children with Autism Spectrum Disorders (ASD). Sensory sensitivities and insistence on sameness may contribute to food refusal and a limited range of foods eaten. Medical issues like delayed oral-motor skills or gastrointestinal issues like constipation, heartburn, or abdominal pain may contribute to picky eating in kids with ASD.

When to Worry

Tips for Eating Out
Marcus Autism Center

Q & A with an MD
Seattle Children's

Sensory Food Sensitivities
Organization for Autism Research

Tips for Picky Eaters
Autism Speaks

ASD Resources
Duke Center for Autism and Brain Development
TEMPE TANTRUMS

Children who are picky eaters may have tantrums, especially about eating. Young children are learning to manage their emotions and behaviors. This is hard! Tantrums are emotional and behavioral storms that can mean different things. Try to figure out what triggered the tantrum. Preschoolers who have tantrums nearly every day and hit, bite, kick, or break objects during tantrums are at increased risk for anxiety, depression, and other mental health conditions. Consider talking with your child’s doctor.

Preschool Tantrums: When to Worry
NYU Langone Department of Child and Adolescent Psychiatry

Tantrum Tips
American Academy of Pediatrics

Tantrum Advice
Mayo Clinic

Tantrums 101

Managing Tantrums

Challenging Behaviors
Zero to Three

Tantrums

Emotions
Sesame Street in Communities
ANXIETY

Anxiety is a normal part of growing up, but it can sometimes get out of hand. Children who are picky eaters have higher rates of anxiety. We worry when young kids have anxiety, fears, and worries most of the time. We worry when the anxiety causes a lot of conflict or impacts the child’s activities and development. Anxiety and depression can start in the preschool years. Consider talking with your child’s doctor if you are concerned about your child’s anxiety.

Early Childhood Anxiety and Depression

Recognizing Early Anxiety
Encyclopedia on Early Childhood Development

Anxiety Disorders Resource Center
American Academy of Child and Adolescent Psychiatry

Childhood Anxiety Website

Separation Anxiety

Generalized Anxiety
WorryWiseKids.org

Childhood Anxiety Disorders

Getting Help
Anxiety and Depression Association of America (ADAA)

Separation Anxiety
HelpGuide.org

Wemberly Worried
Children’s Book
SENSORY SENSITIVITY

Dr. Zucker, Director of the Duke Center for Eating Disorders, describes children who are picky eaters as having “sensory superpowers” with more intense experiences of and reactions to the taste, texture, smell, and visual cues of food. Sensory food sensitivities are often a big part of picky eating. A child who is a picky eater may have strong emotional reactions, especially disgust or fear, to how food tastes, feels, smells, or looks. A child who is picky eater may be highly sensitive and experience food differently than you do!

Sensory Hypersensitivity
House with No Steps

Sensory Food Aversions
Dr. Chatoor

Learning Through the Senses
Sesame in the Community

Teaching and Learning Activities About Sensory Evaluation for Older Kids
Food a Fact of Life
SCREEN TIME

When to Wonder uses smartphones to understand your child and to learn about all children.

We use the phone to get direct information from kids, not just from parents. Child and parent information are both important for us to really understand young children’s behaviors, emotions, and needs. We made our digital kid activities simple and short for a reason. Our kid activities are designed to minimize screen time for kids. When to Wonder wants to inspire play and fun for you and child away from your smartphone. After you and your child complete the activities on the phone, we give you strategies to support your child’s development and mental health. These strategies are made for you and your child to explore together in the non-digital world, the “real” world. We use the phone to learn so you and your child can thrive in the world.

Here are some resources about screen time and young children:

**Babies & Toddlers**
Zero to Three

**Media Policy**
American Academy of Pediatrics

**Screentime Tips**
American Academy of Pediatrics
HOW TO GET HELP FOR YOUR CHILD

FOR EATING OR FEEDING DISORDERS

Look for an eating and/or feeding program that has experience treating selective eating. Look for multi-disciplinary programs where pediatricians, mental health professionals, physical and occupational therapists work together.

Helpline
National Eating Disorders Association

Child Study Center Eating Disorders Service

Child Study Center Early Childhood Mental Health Service

Pediatric Interdisciplinary Nutrition & Feeding Program
Hassenfeld Children’s Hospital at NYU Langone

Pediatric Feeding and Swallowing Program
NYU Winthrop Hospital Children’s Medical Center

Duke Center for Eating Disorders
Duke Center for Eating Disorders

Intensive Day Hospital Feeding Program
Children’s Hospital of Philadelphia

Pediatric Feeding Program
Nationwide Children’s

Center for Pediatric Feeding Disorders
St. Mary’s Kids
FOR MENTAL HEALTH OR DEVELOPMENT

Local Early Intervention Agencies
US Center for Disease Control (CDC)

Find a Pediatrician
The American Academy of Pediatrics

Find a Child Psychiatrist
The American Academy of Child & Adolescent Psychiatry

Find a Child Psychologist
Psychology Today

Find a Child Psychologist
American Psychological Association

When to Seek Mental Health Care for Your Child
The Child Study Center at NYU Langone Health

Facts for Families about Child Mental Health
American Academy of Child and Adolescent Psychiatry
PARENTING

FOR PARENTS OF A PICKY EATER

Off the C.U.F.F. by Dr. Zucker: Parent Skills Manual to Help your Child with an Eating Disorder
Duke Center for Eating Disorders

Parenting Picky Eaters
PsychCentral

FOR PARENTS OF ALL TYPES OF KIDS

Parent Resources

Positive Parenting

Parent Favorites
Zero to Three
HELPING YOURSELF

Being a parent brings great joy and challenges. All parents have times when they feel overwhelmed. You need to get help if you are having a hard time. Family, friends, community members, and colleagues can give support. Sometimes you need more help including help from mental health professionals. Just like in an airplane emergency—put your own oxygen mask on first then put it on your child. Taking care of yourself is a critical part of being able to care for your child.

PARENT SUPPORT

Find Support
National Parent Helpline

Taking Care of Yourself
Program for Early Parent Support

Postpartum Support for Moms and Dads
Postpartum Support International

MENTAL HEALTH SUPPORT

Talk About Mental Health
MentalHealth.gov

WELLNESS

Learn about how Positive Psychology can help

Gratitude Practice

Kindness Practice

Active Listening

Communication
Positive Psychology Program
ADULT PICKY EATING

Adult Picky Eating
New York Times

Adult Picky Eating
Wall Street Journal

You can help researchers at the Duke Center for Eating Disorders learn more about adult ARFID:

Join Duke Database for Adult Selective Eaters
Duke Center for Eating Disorders

Find Help
National Eating Disorders Association
HASSENFELD CHILDREN’S HOSPITAL AT NYU LANGONE

Hassenfeld Children’s Hospital at NYU Langone

Child Study Center

Feeding and Eating Disorders Service

Pediatric Interdisciplinary Nutrition and Feeding Program

Educational Webinars

NYU Langone Health

Child Study Center

Facebook

About Our Kids

Doctor Radio