



# FAMILY DEVELOPMENT

## Military Families Learning Network

### **Yuck! I don't eat that! Nutrition and Selective Eating in Young Children with Autism**

The following resources may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.

**The MFLN FDEI team was able to secure free, limited-time access to this article.**

Bruns, D. A., & Thompson, S. D. (2014). Turning mealtimes into learning opportunities: Integrating feeding goals into IEPs. *Teaching Exceptional Children*, 46(6), 179-186.

**For full access through Sept. 12, 2019, go to**

<https://journals.sagepub.com/stoken/default+domain/IWMXBGF6BPDJWF3I989P/full>

#### **Articles & Books:**

- Bandini, L. G., Anderson, S. E., Curtin, C., Cermak, S., Evans, E. W., Scampini, R., ... & Must, A. (2010). Food selectivity in children with autism spectrum disorders and typically developing children. *The Journal of pediatrics*, 157(2), 259-264. doi: 10.1016/j.jpeds.2010.02.013  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2936505/>
- Bruns, D. A., & Thompson, S. D. (2010). Feeding challenges in young children: Toward a best practices model. *Infants & Young Children*, 23(2), 93-102.  
[https://journals.lww.com/iyjournal/fulltext/2010/04000/Feeding\\_Challenges\\_in\\_Young\\_Children\\_Toward\\_a.4.aspx](https://journals.lww.com/iyjournal/fulltext/2010/04000/Feeding_Challenges_in_Young_Children_Toward_a.4.aspx)
- Bruns, D. A., & Thompson, S. (2011). Time to eat: Improving mealtimes of young children with autism. *Young Exceptional Children*, 14(4), 3-18.  
<https://journals.sagepub.com/doi/abs/10.1177/1096250611402169>
- Chawner, L. R., Blundell-Birtill, P., & Hetherington, M. M. (2019). Interventions for increasing acceptance of new foods among children and adults with developmental disorders: A systematic review. *Journal of autism and developmental disorders*, 1-22.  
<https://www.ncbi.nlm.nih.gov/pubmed/31124025>
- Curtiss, S. L., & Ebata, A. T. (2019). The nature of family meals: A new vision of families of children with autism. *Journal of autism and developmental disorders*, 49(2), 441-452.  
<https://link.springer.com/article/10.1007/s10803-018-3720-9>
- Davis, J. M., Finke, E., & Hickerson, B. (2016). Service delivery experiences and intervention needs of military families with children with ASD. *Journal of Autism and Developmental Disorders*, 46(5), 1748-1761. doi:10.1007/s10803-016-2706-8  
<https://link.springer.com/article/10.1007/s10803-016-2706-8>
- De Wit, J. B., Stok, F. M., Smolenski, D. J., de Ridder, D. D., de Vet, E., Gaspar, T., ... & Luszczynska, A. (2015). Food culture in the home environment: Family meal practices and values can support healthy eating and self-regulation in young people in four European countries. *Applied Psychology: Health and Well-Being*, 7(1), 22-40.  
<https://www.ncbi.nlm.nih.gov/pubmed/25346476>
- Ives, M., Munro, N., & Wynn, R. (2001). *Caring for a child with autism: A practical guide for parents*. London: Jessica Kingsley Publishers.  
<https://onlinelibrary.wiley.com/doi/abs/10.1002/icd.313>
- Koegel, L. K., & LaZebnik, C. S. (2014). *Overcoming autism: Finding the answers, strategies, and hope that can transform a child's life*. New York: Penguin.

<https://www.penguinrandomhouse.com/books/530264/overcoming-autism-by-lynn-kern-koegel-phd-and-claire-lazebnik/9780143126546/>

- Legge, B. (2002). *Can't eat, won't eat: Dietary difficulties and autistic spectrum disorders*. London: Jessica Kingsley Publishers.  
<https://www.jkp.com/uk/can-t-eat-won-t-eat-2.html>
- Meadan, H., Ostrosky, M. M., Santos, R. M., & Snodgrass, M. R. (2013). How can I help? Prompting procedures to support children's learning. *Young Exceptional Children*, 16(4), 31-39.  
<https://eric.ed.gov/?id=EJ1019761>
- Neumeyer, A. M., Sokoloff, N. C., McDonnell, E. I., Macklin, E. A., McDougale, C. J., Holmes, T. M., ... & Misra, M. (2018). Nutrition and bone density in boys with autism spectrum disorder. *Journal of the Academy of Nutrition and Dietetics*, 118(5), 865-877.  
doi:10.1016/j.jand.2017.11.006  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5924619/>
- Sam, A. M., Kucharczyk, S., & Waters, V. (2018). Online tools to support the delivery of evidence-based practices for students with ASD. *TEACHING Exceptional Children*, 50(3), 141–152. doi:10.1177/0040059917745654  
<https://journals.sagepub.com/doi/abs/10.1177/0040059917745654>
- Klin, A., Wetherby, A. M., Woods, J., Saulnier, C., Stapel-Wax, J., Klaiman, C., ... & Bearss, K. (2015). Toward innovative, cost-effective, and systemic solutions to improve outcomes and well-being of military families affected by autism spectrum disorder. *The Yale Journal of Biology and Medicine*, 88(1), 73.  
<https://www.ncbi.nlm.nih.gov/pubmed/25745376>

### **Feeding, Eating, and Nutrition Resources:**

- Ansel, K. (2018, April 2). *Autism Spectrum Disorders (ASD) and Diet*. Retrieved from <https://www.eatright.org/health/diseases-and-conditions/autism/nutrition-for-your-child-with-autism-spectrum-disorder-asd>
- New Visions – This website provides a wealth of resources for families and professionals working with infants and children with difficulties related to feeding, swallowing, oral-motor, and speech.  
<http://new-vis.com/index.htm>
- New Visions – Feed Your Mind, Information Papers, Feeding  
<http://new-vis.com/fym/p-feed.htm>
- Nutritional Therapy for Autism  
<https://www.nichd.nih.gov/health/topics/autism/conditioninfo/treatments/nutritional-therapy>
- Supporting Families of Young Children with Feeding Challenges. (2016, March). *Keeping in Touch*. Retrieved from [https://www.edis.army.mil/KIT/2016/KIT\\_March\\_2016.pdf](https://www.edis.army.mil/KIT/2016/KIT_March_2016.pdf)
- Supporting Families of Young Children with Feeding Challenges. (2016, April). *Keeping in Touch*. Retrieved from [https://www.edis.army.mil/KIT/2016/KIT\\_April\\_2016.pdf](https://www.edis.army.mil/KIT/2016/KIT_April_2016.pdf)
- Supporting Families of Young Children with Feeding Challenges. (2016, May). *Keeping in Touch*. Retrieved from [https://www.edis.army.mil/KIT/2016/KIT\\_May\\_2016.pdf](https://www.edis.army.mil/KIT/2016/KIT_May_2016.pdf)
- Supporting Families of Young Children with Feeding Challenges. (2016, June). *Keeping in Touch*. Retrieved from [https://www.edis.army.mil/KIT/2016/KIT\\_June\\_2016.pdf](https://www.edis.army.mil/KIT/2016/KIT_June_2016.pdf)
- Supporting Families of Young Children with Feeding Challenges. (2016, July). *Keeping in Touch*. Retrieved from [https://www.edis.army.mil/KIT/2016/KIT\\_July\\_2016.pdf](https://www.edis.army.mil/KIT/2016/KIT_July_2016.pdf)
- Toomey, K. A. (n.d.). *Picky eaters vs. problem feeders*. Retrieved from <https://sosapproach-conferences.com/resources/picky-eaters-vs-problem-feeders/>
- Toomey, K. A. (n.d.). *Red flags*. Retrieved from <https://sosapproach-conferences.com/resources/red-flags/>
- Toomey, K. A. (n.d.). *Top ten myths of mealtime in America*. Retrieved from <https://sosapproach-conferences.com/resources/top-ten-myths-of-mealtime-in-america/>

Toomey, K. A. (2010). *Introduction to the SOS approach to feeding program*. Retrieved from <http://sosapproach-conferences.com/wp-content/uploads/SOS-APPROACH-explanation.pdf>

Toomey, K. A. (2010). *When children won't eat: Understanding the "why's" and how to help*. Retrieved from <http://sosapproach-conferences.com/wp-content/uploads/When-Children-Wont-Eat.pdf>

### **Reinforcement Resources:**

Autism Q & A: Reinforcement Assessment

<https://vcuautismcenter.org/resources/factsheets/printView.cfm/934>

Reinforcement Assessment Form

<https://www.earlywood.org/cms/lib/IN07001762/Centricity/Domain/159/reinforcement%20checklist%202.pdf>

Reinforcer Assessment: Finding the Most Powerful Tools for Applied Behavior Analysis

<https://www.thoughtco.com/reinforcer-assessment-3110360>

Reinforcer Checklist

<https://handsinautism.iupui.edu/pdf/ReinforcerChecklist-Child.pdf>

### **Resources Specific to Military Families:**

American Military Families Autism Support Community – Facebook group

<https://www.facebook.com/groups/188336538576729/>

Exceptional Family Member Program (EFMP)

<https://www.militaryonesource.mil/family-relationships/special-needs/exceptional-family-member/the-exceptional-family-member-program-for-families-with-special-needs>

Military Autism Network – Homepage

<http://militaryautism.net/>

Military Autism Network – Local chapters

<http://militaryautism.net/groups/>

Military Special Needs Network – Facebook page

<https://www.facebook.com/militaryspecialneedsnetwork/>

Operation Autism

<https://operationautism.org>

Organization for Autism Research – Facebook page

<https://www.facebook.com/OrganizationforAutismResearch/>

Tricare – Autism coverage

<https://www.tricare.mil/CoveredServices/IsItCovered/AutismSpectrumDisorder>

Tricare – Autism Care Demonstration (ACD)

<https://www.tricare.mil/Plans/SpecialPrograms/ACD>

Tricare – Medically Necessary Nutritional Needs

[https://tricare.mil/CoveredServices/BenefitUpdates/Archives/03\\_27\\_2018\\_Nutritional\\_Needs](https://tricare.mil/CoveredServices/BenefitUpdates/Archives/03_27_2018_Nutritional_Needs)

Tricare – Nutritional Therapy

<https://tricare.mil/CoveredServices/IsItCovered/NutritionalTherapy>

Tricare – Nutritionist or Dietician Services

<https://tricare.mil/CoveredServices/IsItCovered/Nutritionist>

### **Videos:**

Pearson, J. (2019, June 12). Conversation with a dietitian: Diet, nutrition, selective eating, and young children with autism [Blog post]. Retrieved from

<https://militaryfamilieslearningnetwork.org/2019/06/03/conversation-with-a-dietitian-diet-nutrition-selective-eating-and-young-children-with-autism/>

### Visual Support Resources:

Tips and Ideals for Making Visuals to Support Young Children with Challenging Behavior

<http://csefel.vanderbilt.edu/modules/module3b/handout2.pdf>

Using Visuals

<https://connectability.ca/2010/09/23/using-visuals/>

### Websites:

ASD Toddler Initiative – The National Professional Development Center on Autism Spectrum Disorders

<https://asdtoddler.fpg.unc.edu/>

Autism Navigator

<https://autismnavigator.com>

Autism Speaks - Homepage

<https://www.autismspeaks.org>

Autism Speaks – Autism causes

<https://www.autismspeaks.org/what-causes-autism>

Division for Early Childhood – Recommended Practices

<http://www.dec-sped.org/dec-recommended-practices>

Early Childhood Technical Assistance Center (ECTA) – Autism homepage

<http://ectacenter.org/topics/autism/autism.asp>

Early Childhood Technical Assistance Center (ECTA) – Early identification of ASD

<http://ectacenter.org/topics/autism/eidautism.asp>

Early Childhood Technical Assistance Center (ECTA) – Family centered practices checklist

[http://ectacenter.org/~pdfs/decrp/FAM-1\\_Fam-Ctrd\\_Practices\\_2018.pdf](http://ectacenter.org/~pdfs/decrp/FAM-1_Fam-Ctrd_Practices_2018.pdf)

National Institute of Child Health and Human Development

<https://www.nichd.nih.gov/health/topics/autism/conditioninfo/causes>

Organization for Autism Research (OAR)

<https://researchautism.org>

U.S. Centers for Disease Control and Prevention – Autism homepage

<https://www.cdc.gov/ncbddd/autism/>

U.S. Centers for Disease Control and Prevention – Milestone tracker

<https://www.cdc.gov/ncbddd/actearly/>

U.S. Centers for Disease Control and Prevention – Risk factors

<https://www.cdc.gov/ncbddd/autism/research.html#RiskFactors>

U.S. Centers for Disease Control and Prevention – Vaccines do not cause autism

<https://www.cdc.gov/vaccinesafety/concerns/autism.html>