

EXQUISITELY
MARIA



Credits

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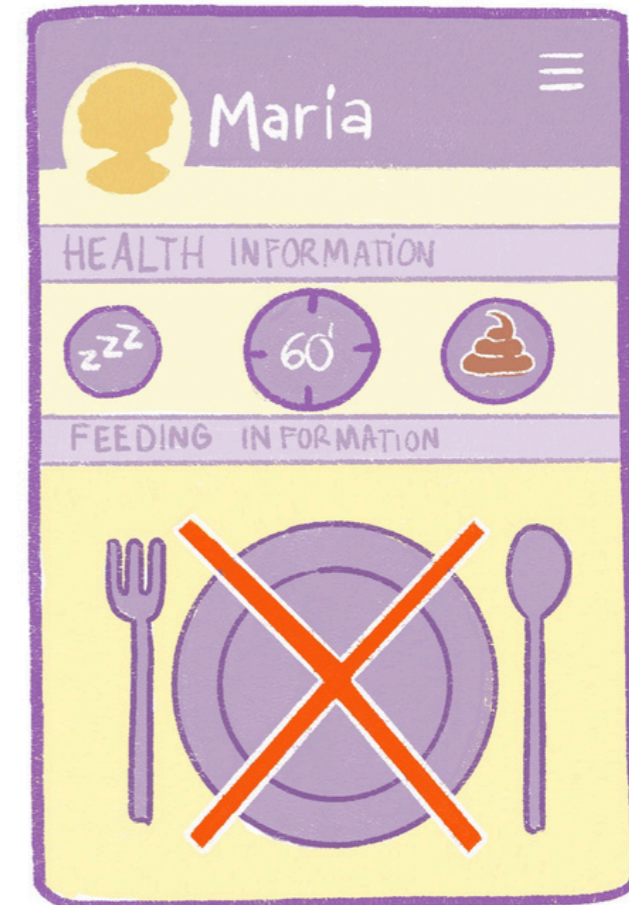


Maria was going to start school for the first time. She was very happy, new friends, new colors, new toys.... But her moms were a little worried because they had never left her side.

The first few days everything seemed to go well. Maria liked going to class, she had new friends and she liked her teacher very much.



Her moms could check how the day had gone by reading what her teacher wrote in the school diary. It struck them that she always left the second plate in the dining room... Strange, Maria ate everything (At least, they thought so).



One day, Maria didn't eat anything at all.

When they encouraged her to eat, Maria started crying and they couldn't comfort her.

Her teacher thought she might be sick and called her family.





When they came to pick her up they talked to the teacher. Maria had shown no signs of being sick.

They were very surprised that food was always left out and also about the behavior that day, so Maria's moms and the teacher agreed on a meeting to discuss about it.

-Maybe she doesn't like vegetables. Here we cook them so that they are soft and we put little salt.



-Impossible. Maria eats everything. She likes all kinds of purees, she loves broccoli puree. We put her food on her unicorn plate while we watch cartoons and that always works for us.



-Well, now that we think about it, it's almost always mashed. Other than that, she eats crackers, toast, chips and sometimes some batter, but not a lot, because we don't like her to eat fried food.

-Has Maria ever eaten food that she has to chew?



- And when you eat out, how do you do it?

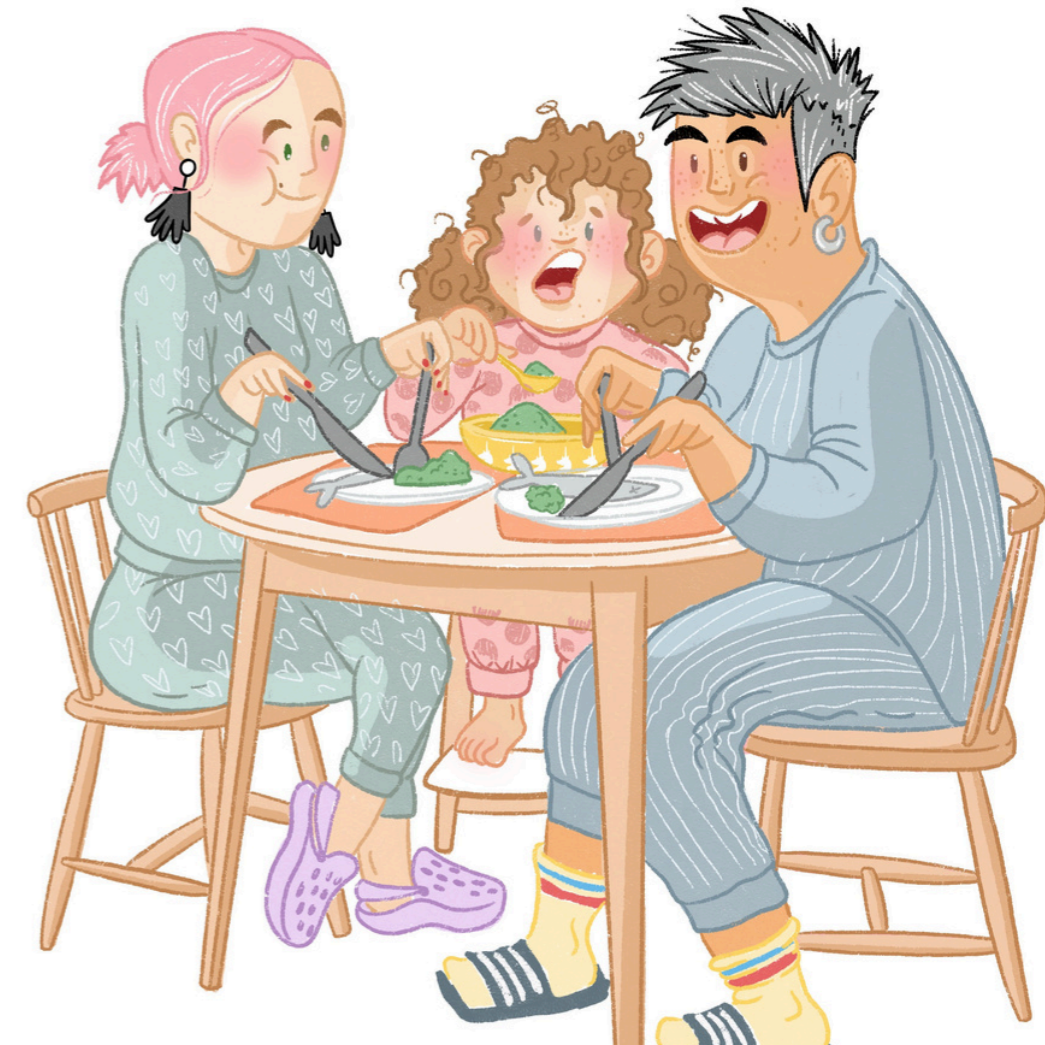


After a moment of silence, Maria's moms doubted if they were doing it right.



-Don't worry. We can start by avoiding the cartoons so she can talk to her during the meal.

When we get this right, we'll go with the plate change!





Little by little, with the teacher's help, Maria stopped looking at the pictures while eating and ate on plates of all colors and many different animals.

The issue of textures was more complicated. So Maria's moms decided to go to an occupational therapist.

Maria and Penelope had so much fun playing with food!





Maria managed to eat everything - what a champion!

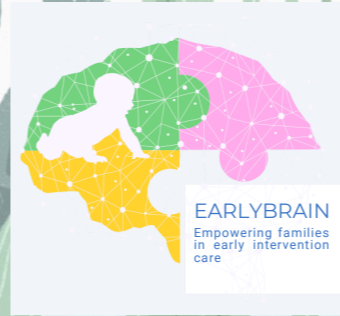


Thanks to the effort her moms also made with the help of the professionals, they were now able to improvise and make many different plans.

Lunchtime became the best part of the day, as they talked about what they had done and how much fun they had.







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