

Dips, Dippers and Dipping Cubes and Crumbs! (Side A)

Novelty at the mealtime can increase a child's focus and motivation for the meal. Young children enjoy novel mealtime activities and they enjoy practicing with utensils. A dipper is a nice early "utensil" that allows the child to practice grasping and bringing food to the mouth. Children can use familiar dippers to try new dips. They can dip familiar dips with new dippers.

Creative Dippers

Spoons and forks	Chopsticks
Straws (cut in half)	Li'l Dipper ®
Coffee stirrers	Duospoon ®
Toothpicks/party picks (careful!)	Pretzels, crackers, cookies
Swizzle Sticks	Strips of raw or cooked veggies
Corn on the cob holders	Strips of fruit

Anything can be a dipper that is orally safe and can be dipped in a puree!

Creative Dips

Fruit purees	Guacamole
Veggie purees, pestos	Hummus
Cream cheese and fruit	Refried or blended beans
Sour cream based veggie dip	Blended or pureed soups
Whipped cream	Cheese sauce
Jam/Jelly	Salad dressings

Most any food can be blended into a puree and eaten with a dipper!