



WHAT CAN YOU DO IF YOUR CHILD HAS PICA



Keep the non-food items they tend to crave frequently out of their sight.



Help them understand the difference between edible and inedible items.



When your child tries to reach for things to put in their mouth, block them with minimal force.



Give them healthy snacks at intervals to prevent their urge to eat non-edible items.



Take notes of the things they crave and share the notes with the doctor.



Teach them to put the pica items in place or throw them away if it's trash.