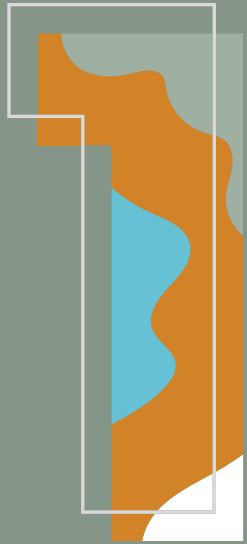


SIX SIMPLE

NON-VERBAL LANGUAGE STRATEGIES



WE DON'T CARE

This is a tough one, but I want you to change your mindset around meals. From now on, **you don't care** if your child interacts with new food at all. If they don't, we'll try again tomorrow, but if they do (and they will) - YAY! Your child will pick up on your calm attitude and it will decrease everyone's anxiety. Awesome, now we're one step closer to loving veggies!



CHECK YOURSELF

There are times when you're going to be stressed, *and that's okay*. As hard as it is, check your body language and facial expressions. It's so hard because you just want your child to touch some broccoli. But, we'll get there! Having calm, predictable body language will help your child progress faster.



EASY WINS

Not every meal needs to involve a new food. That's overwhelming for everyone. From time to time offer an "easier" food for your child to interact with. Everyone needs an easy win from time to time.



WAIT & WATCH

Even if your child has interacted with a certain food before, they may have a different reaction to it the next day. Gauge your child's anxiety level and offer interaction suggestions that match. Super anxious? Maybe we just touch our new food. Super chill? Let's balance the new food on our tongue!



COPY CAT

Copy your child's interactions with their food without saying anything. If they're smearing ketchup around, do the same! Did they catch on? Make it a game! Children love being in charge and this "game" makes mealtime so much fun!



HOLIDAYS / EVENTS

This is more of a PSA. Holidays and parties are **not** the time to work on new food. Know that your child may eat nothing but rolls, and that's okay.