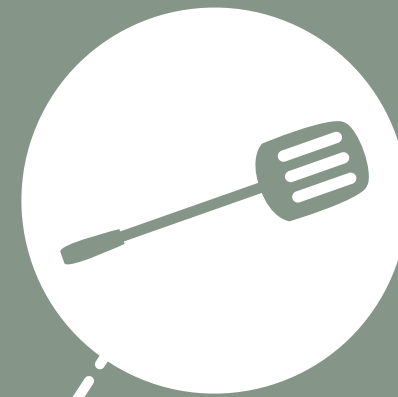


# Do's and Don'ts

Do **participate** in learning about food! When children see a trusted person learning about new food they're more likely to participate.



Do offer at least **2-3 preferred foods** with every meal. We want our kids to fill their stomachs without anxiety. Less anxiety = increased willingness to learn about new food.



Offer **SUPER small portions** of new food. 1/2 teaspoon of rice, 1/4 of a strawberry, a single blueberry. Why? Visually, it's less overwhelming.

Do offer the same foods over and over. It can take up to **20 interactions** for a child to feel comfortable with a new food!



Don't hide foods in other foods (hiding protein in a quesadilla, veggies in a sauce, etc...). When your child figures it out, this decreases their trust in food. Also, no one likes unexpected things in their food!



Don't force your child  
We want to work at your child's pace.  
Slow and steady!



Don't use negative language about food. Avoid using words like "yuck, gross, disgusting, eww".



Don't use the phrase "picky eater" to describe your child with feeding difficulties