

STEP BY STEP GUIDE TO FOOD ACCEPTANCE

STEP 1

Choose a new food. Put a tiny amount (size of finger nail or less) of the new food on to your child's plate.

Remember:

- Put the new food in the same place on the plate each time, ensuring it does not touch accepted foods.
- If putting the new food on the same plate as accepted foods causes any upset, put on a separate plate at the side.



STEP 2

Encourage your child to smell the new food on the plate. Get involved by smelling the food too - your child may copy!



STEP 3

Encourage your child to pick up the new food with a fork or spoon. Again, your child will not usually try to eat the food at this stage.



STEP 4

Encourage your child to touch the new food with their fingers.



STEP 5

Then encourage your child to pick up the new food with their fingers.



STEP 6

Encourage your child to touch the food to their face, then to their lips ('kiss the food') and then to their tongue. Do this at a rate that suits your child - some children may do all steps at one mealtime, others will take several!



STEP 7

Encourage your child to lick the new food then put in their mouth (they can remove without chewing and swallowing - this step allows them to experience the taste and feel of the food in their mouth).



STEP 8

Encourage your child to bite, chew and then swallow a very small amount of the food.



STEP 9

Finally - gradually increase the amount of food eaten but to no more than a 'normal' portion. The food then becomes an accepted food for your child.



... .. then start the process all over again with another new food!