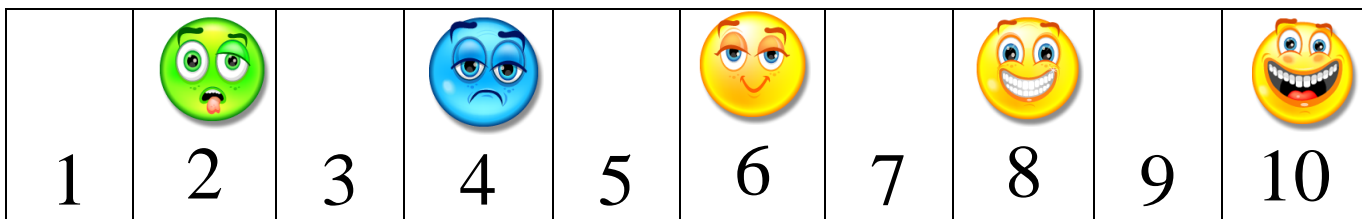




TIPS FOR INTRODUCING NEW FOODS

Tips to introducing new foods:

- Have the familiar food you are “chaining” from present
- Have him be a “scientist” and describe the food’s flavor, smell, look, taste, shape etc. Have them then describe the new food(s) and similarities.
- Present two “new” foods along with the familiar food and allow them to have the control of which they try.
- Remember “trying” can mean different things for different kids—touching, kissing, licking, chewing and spitting, holding in his mouth—are all forms of “trying”.
- Help to prepare them for the new foods by talking about it, modeling, and using positive communication.
- Use “dips” of ranch, chocolate, pudding, yogurt, salad dressings etc. to try a new food by using a preferred dip.
- Allow them to have the preferred food or a drink ready to eat after the new food in case they don’t like it.
- Have an “all done” bowl ready for foods they try but don’t prefer. Allow them to bite and spit out foods at first.
- Ask to describe the foods they try—if you ask if they like it, most will say “no” even without thinking about. Make it an open-ended question:
 - Was it crunchier than the _____(preferred food)
 - How does it smell compared to the _____?
 - What do you think it tasted like?
 - How much did you like it?



- PRAISE! Use much verbal praise even for small steps to encourage further participation.
- Stay away from all negative words.
- Reinforce ALL POSITIVE FOOD BEHAVIORS including touching, smelling, or even tolerating new foods on their plate.

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