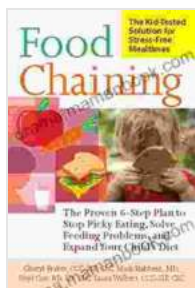


The Proven Step Plan To Stop Picky Eating, Solve Feeding Problems, And Expand Your Child's Food Repertoire



Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your

Child's Diet by Cheri Fraker

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2573 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Picky eating is a common challenge for parents and children alike. It can be frustrating for parents who want their children to eat a healthy and balanced diet, and it can be stressful for children who are resistant to trying new foods. But there is hope! With the right approach, you can help your child overcome picky eating and develop healthy eating habits that will last a lifetime.

Step 1: Identify the Underlying Cause

Before you can start addressing picky eating, it's important to identify the underlying cause. There are many reasons why children may become picky eaters, including:

- Sensory sensitivities
- Food allergies or intolerances
- Gastrointestinal issues
- Behavioral problems
- Family dynamics

Once you've identified the underlying cause, you can start to develop a plan to address it. For example, if your child has sensory sensitivities, you may need to avoid foods that are too crunchy, too soft, or too hot or cold. If your child has food allergies or intolerances, you'll need to work with a registered dietitian to create a safe and healthy eating plan.

Step 2: Create a Positive Mealtime Environment

Mealtime should be a positive experience for everyone involved. Here are some tips for creating a positive mealtime environment:

- Make mealtimes a family affair.
- Sit down together as a family to eat.
- Turn off the TV and other distractions.
- Encourage conversation at the table.
- Be patient and understanding.
- Avoid pressuring your child to eat.

It's also important to make sure that your child is physically comfortable at mealtimes. Make sure they have a booster seat or high chair that's at the

right height for them, and that they can reach their food easily.

Step 3: Offer a Variety of Foods

One of the best ways to help your child overcome picky eating is to offer them a variety of foods. This will help them to develop a more diverse palate and learn to appreciate different flavors and textures. When you're offering new foods, be sure to:

- Start with small portions.
- Offer the same food multiple times.
- Serve new foods alongside familiar foods.
- Be patient and don't give up if your child doesn't like a new food the first time.

It's also important to remember that not all children will like every food. That's okay! Just keep offering them new foods and they will eventually find some that they enjoy.

Step 4: Involve Your Child in Meal Planning and Preparation

Children are more likely to eat foods that they have helped to prepare. Involve your child in meal planning and preparation as much as possible. Let them help you choose recipes, wash fruits and vegetables, and set the table. This will give them a sense of ownership over the food and make them more likely to try new things.

Step 5: Be Patient and Consistent

Overcoming picky eating takes time and consistency. Don't get discouraged if your child doesn't change their eating habits overnight. Just keep offering them new foods, providing a positive mealtime environment, and involving them in meal planning and preparation. Eventually, they will learn to appreciate a wider variety of foods.

Picky eating is a common challenge, but it is not insurmountable. With the right approach, you can help your child overcome picky eating and develop healthy eating habits that will last a lifetime. Remember to be patient, consistent, and positive, and offer your child a variety of foods in a positive mealtime environment.



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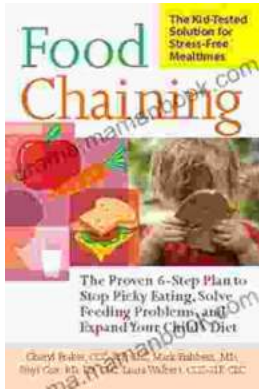
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