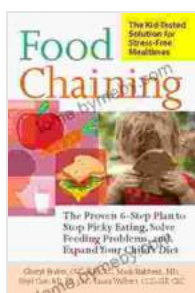


The Proven Step Plan To Stop Picky Eating, Solve Feeding Problems, And Expand Your Child's Nutritional Horizons

Are you tired of mealtime battles and endless power struggles with your picky eater? Do you worry about your child's nutritional intake and overall health? If so, you're not alone. Picky eating is a common problem among children, and it can be incredibly frustrating and worrisome for parents.

The good news is that there is hope. With the right approach, you can help your picky eater overcome their aversions and develop healthy eating habits that will last a lifetime. This proven step-by-step plan will guide you through the process, providing you with practical strategies, mealtime solutions, and expert advice to help you solve feeding problems and expand your child's nutritional horizons.



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
Word Wise : Enabled
Print length : 418 pages

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Step 1: Identify the Underlying Causes of Picky Eating

Before you can address picky eating, it's important to understand the underlying causes. There are a number of factors that can contribute to picky eating, including:

- **Sensory sensitivities:** Some children are sensitive to certain textures, tastes, or smells, which can make them resistant to trying new foods.
- **Fear of new foods:** Children may be reluctant to try new foods because they're afraid of what they might taste or look like.
- **Control issues:** Some children use picky eating as a way to exert control over their environment. They may refuse to eat certain foods as a way to assert their independence or get attention.
- **Medical conditions:** In some cases, picky eating can be caused by an underlying medical condition, such as gastroesophageal reflux disease (GERD) or autism spectrum disorder (ASD).

If you're not sure what's causing your child's picky eating, it's important to consult with a healthcare professional to rule out any underlying medical conditions.

Step 2: Create a Positive Mealtime Environment

Mealtimes should be a positive and enjoyable experience for both you and your child. Here are some tips for creating a positive mealtime environment:

- **Make mealtimes family time:** Eating meals together as a family is a great way to bond and model healthy eating habits for your child.

- **Keep mealtimes relaxed:** Avoid mealtime battles and power struggles. Instead, focus on creating a relaxed and enjoyable atmosphere.
- **Offer choices:** Giving your child a choice of two or three healthy options can help them feel more in control and increase the likelihood that they'll eat something.
- **Be patient:** It may take time for your child to overcome their picky eating habits. Be patient and supportive, and don't give up.

Step 3: Introduce New Foods Gradually

When introducing new foods to your picky eater, it's important to do so gradually. Here are some tips:

- **Start with small portions:** Offer your child just a small bite of a new food at first. This will help them get used to the taste and texture.
- **Pair new foods with familiar foods:** Serve new foods alongside familiar foods that your child already likes. This can help make the new food seem more appealing.
- **Be creative with presentation:** Make new foods look fun and appealing by cutting them into shapes or using colorful plates and utensils.
- **Don't force your child to eat:** If your child refuses to eat a new food, don't force them. Simply offer it again at a later time.

Step 4: Involve Your Child in Food Preparation

Getting your child involved in food preparation is a great way to increase their interest in trying new foods. Here are some ideas:

- **Let your child help choose recipes:** When you're planning meals, let your child help you choose recipes that sound interesting to them.
- **Have your child help with food preparation:** Give your child simple tasks to help with, such as washing fruits and vegetables, mixing ingredients, or setting the table.
- **Make it fun:** Play music, sing songs, or tell stories while you're cooking. This will help create a positive and enjoyable experience for your child.

Step 5: Praise and Reward Positive Eating Behavior

It's important to praise and reward your child for positive eating behavior. Here are some tips:

- **Praise your child for trying new foods:** Even if your child only takes a small bite, praise them for their effort.
- **Reward your child for eating healthy foods:** Offer small rewards, such as stickers, privileges, or special activities, for eating healthy foods.
- **Avoid punishing your child for picky eating:** Punishment will only make your child more resistant to trying new foods.

Overcoming picky eating can be a challenge, but it's definitely possible. By following these proven steps, you can help your child develop healthy eating habits that will last a lifetime.

Remember, patience and consistency are key. Don't give up if your child doesn't immediately start eating everything you offer them. Just keep

offering new foods gradually, and eventually they will come around.

If you're struggling to overcome your child's picky eating habits, don't hesitate to seek professional help. A registered dietitian or therapist can provide you with personalized advice and support.



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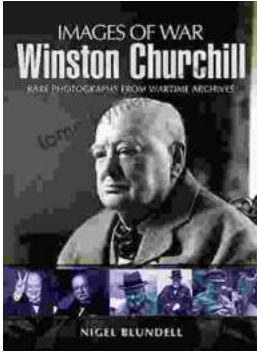
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