

# TURN PICKY EATERS INTO SUPER FOOD EXPLORERS



**YUMMIES**  
for Little Tum mies

A picky eater could have food sensory issue. Here's 7 gradual exposure steps to help them learn to love their food by using their 5 superpower senses.

## WHAT IS GRADUAL EXPOSURE?

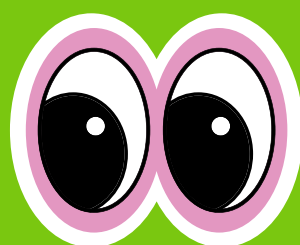
Gradual exposure slowly and gently introduces new and disliked foods overtime, so your child becomes more comfortable with those foods.

- Write down foods your kid accepts now.
- Create a list of foods you'd like your kid to try. For starters pick food similar in sensory qualities (like texture, color) to the food in Step 1.
- Follow the 7 steps.
- If struggling, wait until they've mastered it before moving on.
- Don't force your child. Encourage them to explore new foods.



## STEP 1: SEE THE FOOD

Food should look yummy to leave a positive impression on kids, i.e., colorful foods or creative food display.



## STEP 2: PLAY WITH THE FOOD

Let kids play with food to trigger their interests on new foods. For example, get kids involved in food preparation.

## STEP 3: SMELL THE FOOD

If a dish smells good, kids may be more interested in it and want to try it. A smell-related game is a good way for children to identify the food.



## STEP 4: BRING THE FOOD CLOSER

Place the food gradually closer, on a plate in the middle of the table, on a side plate, and place a small amount of the food onto their plate.

## STEP 5: LICK THE FOOD

After a few exposures, it's time to encourage kids familiar to having food near their face, cheeks, chin, nose and eventually get them to lick the food. Try to put food on the face like a paint!



## STEP 6: BITE THE FOOD

Work towards the children biting the food, then biting and holding the food in their mouth for a few second before spitting it out.

## STEP 7: CHEW AND SWALLOW THE FOOD

Lastly, work towards chewing and eventually swallowing.



## KEYS TO SUCCESS

- Playing with food should never occur during actual meals.
- Model target behaviors.
- Give lots of positive reinforcement.
- Ignore unwanted or problematic behaviors.
- Have fun and don't worry about messes.
- Persist! It may take a child up to 15 tries.

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