

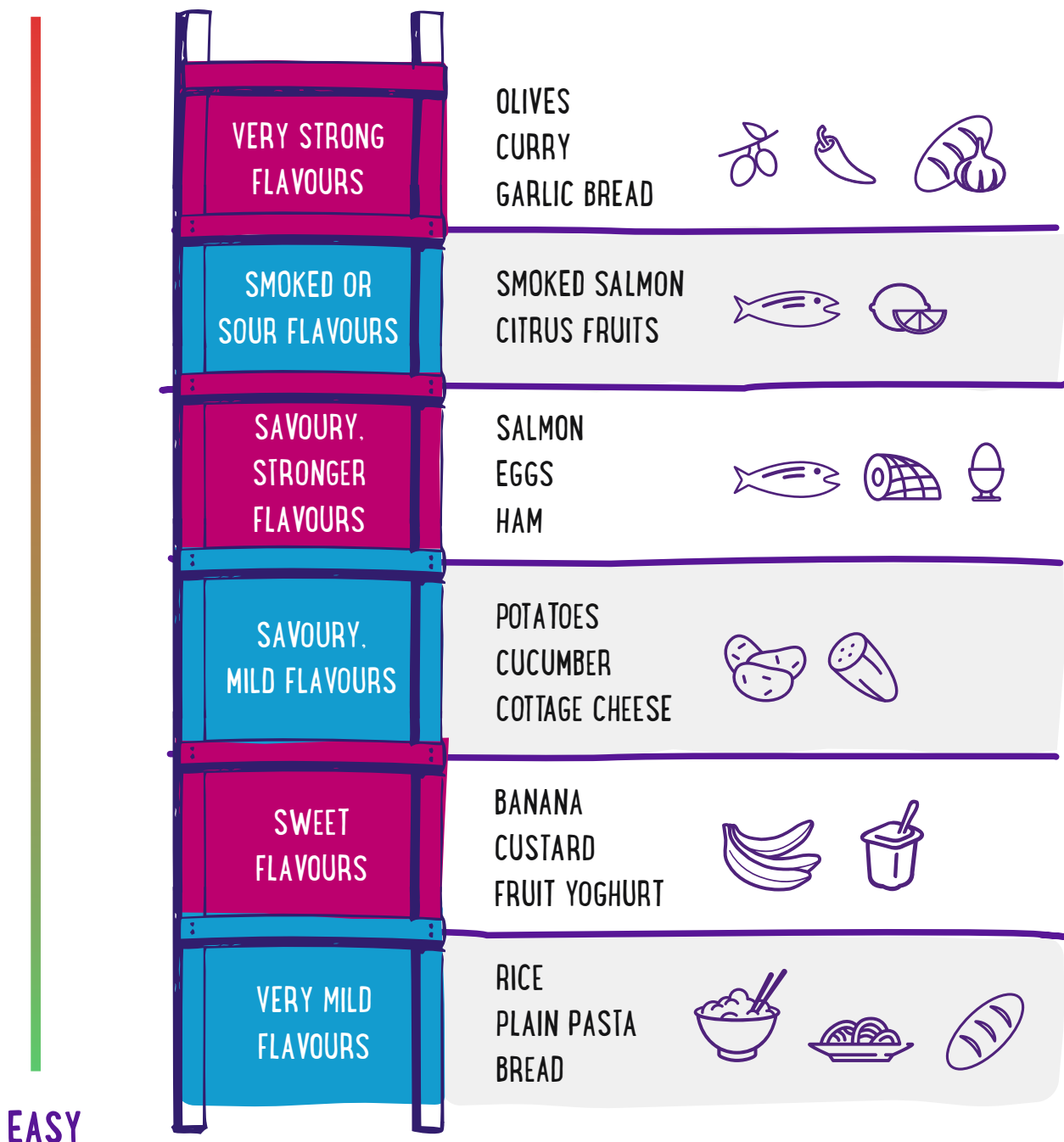
THE TASTE FOOD LADDER

A TOOL TO HELP YOU INCREASE THE RANGE OF FOODS YOUR FUSSY EATER WILL EAT

INITIALLY IT'S A GOOD IDEA TO GIVE YOUR CHILD SOME OF THEIR PREFERRED FOODS, WHILE GENTLY ENCOURAGING THEM TO TRY OTHER FOODS. DESIGNING A 'TASTE FOOD LADDER' WITH THEM, SIMILAR TO THE ONE BELOW, IS A GREAT WAY TO DO THIS. EACH CHILD'S LADDER WILL BE DIFFERENT, AND FOR SOME CHILDREN OTHER FACTORS SUCH AS TEXTURE (SMOOTH, LUMPY, CRUNCHY, SOFT) WILL ALSO BE A PART OF THE STEPS.

THEY DECIDE ON FOOD THEY'D LIKE TO TRY, IN ORDER OF DIFFICULTY, THEN GRADUALLY WORK THEIR WAY UP THE LADDER. AS THEY DO, PRAISE AND REWARD EVERY SMALL STEP THEY MAKE TO KEEP THEM MOTIVATED. GOOD LUCK!

DIFFICULT



We can help.

We offer a wealth of other practical support from experienced professionals and parents who've been in a similar position.

Visit fussyeaters.co.uk to find out more.