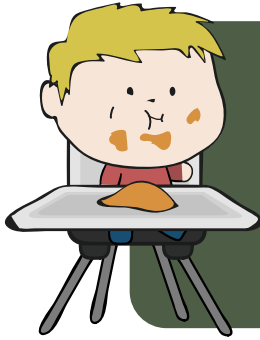
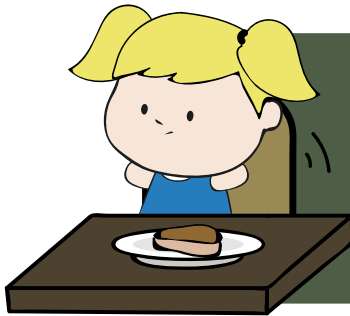


POSITIVE MEALTIME REMINDERS



EXPOSE WITHOUT EXPECTATION

Expose your child to new foods without any idea in your head of what they will do with the food!



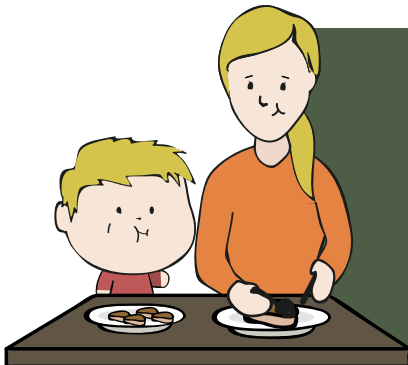
NO FORCING, NEGOTIATIONS OR BRIBING

Avoid forceful & high friction tactics when trying to get your child to eat new a food!



RESPECT YOUR CHILD'S COMFORT LEVEL

Maintain a level of trust surrounding food.



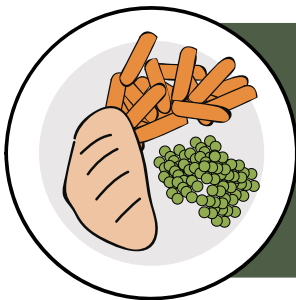
EAT TOGETHER!

Creating a safe environment around meal time starts with family time. MODELING is powerful!



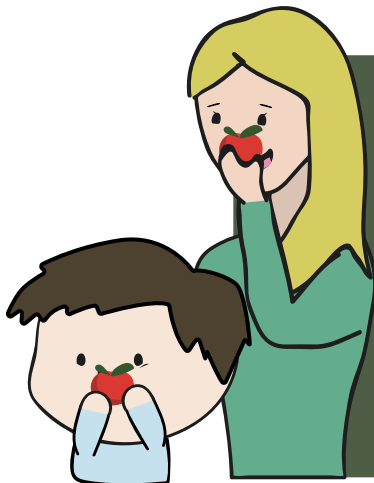
STRESS DECREASES APPETITE

Increased pressure during mealtimes causes stress which negatively impacts a child's appetite



EAT THE SAME FOODS

Create an inclusive environment where you eat the same foods as your child!



INTERACT WITH FOOD THROUGH PLAY!

Look! My tomato is clown nose (smell)! I'm putting this on like it's lipstick (small amounts of taste).

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