



WEEK 1

Explore a new food!



WHAT WE'LL DO

Take your child to the grocery store and let them pick out a new vegetable. If your child cannot go to the store, consider looking at some pictures and choose one together. Don't worry if you don't think your child will eat the vegetable at a meal. When we involve our children in the process, it's a step towards adventurous eating. Once you pick out a food together, try interacting with the food. Here are a few ways depending on your child's age:

MEALTIME

Include the vegetable at a family meal with the dish on the table. The child can help pass the food around the table and choose to take a piece to try or not.

With children **under** age 7, it takes as many as 10 exposures to a new food before they may accept/like the food. With children **over** the age of 7, it may take up to 20 exposures before they accept/like a new food. Do not give up if your child is not a fan of the new vegetable!

When a child rejects a food, try to **model positive language** with a phrase like "It's ok you don't care for it yet. We are still learning." If their immediate reaction is "Yuck!" you can model back "Don't yuck someone else's yum." This helps them learn that others enjoy the food they are rejecting.

KEEP EXPLORING

Set up an exploration tray for your child with the new vegetable. Include a few other cut up vegetables cut into different shapes so that they can make different designs with the food. Imagination is encouraged in this task.

- Pretend you are scientists looking at the food. How does it smell, taste, touch, look, and sound? Does it sink or float in water?
- What are the different sounds of green beans can make? Will they snap louder in your fingers or between your teeth? (It's okay if the child spits out the food - this is exploration).
- Can you paint the vegetable and then roll the vegetable onto a piece of blank paper to see the design?
- Consider different describing words to learn about the food. Is it bumpy or smooth? Is soft and mushy or hard?
- Does the texture change when you mash the vegetable? The sky's the limit on this task!

AT A GLANCE

FAMILY MEALTIME CHALLENGES

- **Week 1: Explore New Food**
- Week 2: Family Meal Structure
- Week 3: Increase Family Bonds
- Week 4: Kids in the Kitchen
- Week 5: Pulling It All Together

DINNER DEMONSTRATION EVENTS

Late February or early March dates to be determined based upon final registration preferences of participants.



MEGAN DOWNER

**Lake Ann Parent to Elliana and MaisieGrace.
Speech and Language Pathologist, CLC**

As a practicing Speech Language Pathologist for 9 years, Megan helps families across a spectrum of ages (birth-geriatrics). Her interest is feeding therapy and is credentialed as a provided for Sequential Oral Sensory Approach to Feeding (SOS program) as well as a Certified Lactation Counselor.



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