



WEEK 1

Explore a new food!



REFLECTING ON YOUR WEEK

- What are you learning about your child/ren this week?
- How is your family's response to the new food the same or different than you were expecting?
- What else might you try to encourage exploring new foods?

SHARE YOUR THOUGHTS

Please share your reflections with our team about your experience this week.

[**CLICK HERE FOR THE 2-QUESTION SURVEY**](#)

RESOURCES TO CONSIDER

Take a look at these resources to learn more and explore this topic a little more on your own:

[Building a Satisfying Meal](#)

[Hungry, Not Hangry Children's Meal and Snack Schedule](#)

[Encourage Children to Try New Foods](#)

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 Maize Grace.
Speech and Language Pathologist, CLC

As a practicing Speech Language Pathologist for 10 years, Megan helps families across a spectrum of ages (birth-geriatrics). Her interest in feeding led her to become a member of the Sensory Approach to Feeding (SOS program) as well as a Certified Lactation Counselor.

