

Trying New Foods — my plan

STEP 1



Protect safe foods

Keep reliable food and drinks available.



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STEP 2



Set up calm

Make the table predictable and comfortable.



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STEP 3



Explore without eating

Look, touch or smell only if the child chooses.



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STEP 4



Use a bridge

Offer one small change beside a familiar food.



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STEP 5



Keep it predictable

Serve separately; never disguise a change.



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STEP 6



Notice health

Get feeding or medical support when needed.



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