

Feeding Problems Assignment

Observe and Reflect

Take time this week to track the foods your child willingly eats. Pay attention to the texture, temperature, taste, and consistency of each food—this can help you understand patterns and guide your next steps. List what you observe in the chart below.

Food	Texture	Temperature	Taste	Notes

Choose a Starting Point

Review your chart and look for patterns. Are most foods crunchy? Mild in flavor? Cold or room temperature? Based on that, choose one new food to introduce that is similar in one or more ways to what your child already eats.

What food will you try?

Make a Plan

Think about how you'll present the new food in a no-pressure, playful way. Can your child explore it with their hands? Smell it? Touch it to their lips? Plan one or two steps in the shaping process and how you'll reinforce each step.

How will you set up a successful experience?
