

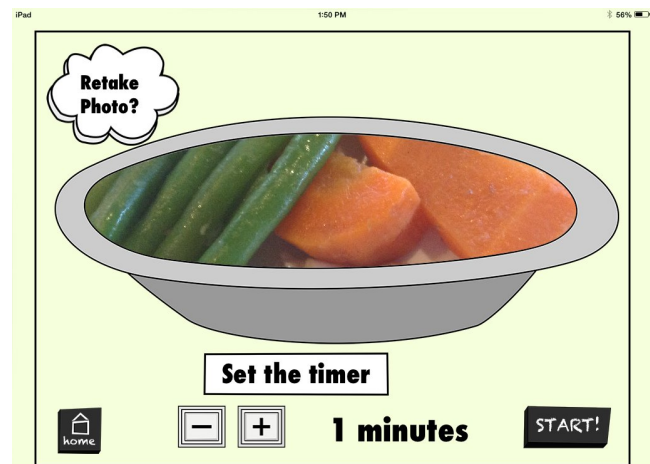
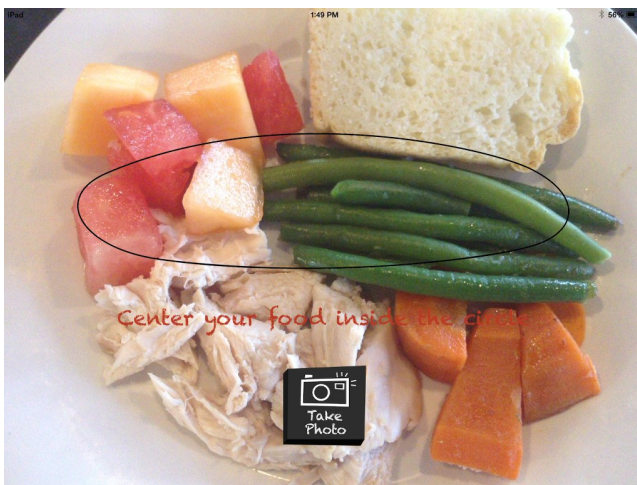
TINY TASTES EXAMPLE: FOR CHILDREN AIMING FOR HEALTHY BALANCED MEALS



Children tend to have a mind of their own when it comes to what they will eat and what they really don't want to eat! Tiny Tastes can make the feeding process fun, instead of a power-struggle or the stress that can sometimes occur for families around this topic. Using the app can help keep the mood lighthearted and the eating experience positive for everyone!

It can work well to serve children a mix of both familiar foods that they enjoy, as well as healthy new foods that they can try too. We know that repeated introductions are helpful, so it's up to you which 'challenge' food(s) you want to focus in on with the Tiny Tastes app at each meal. For example, the bread and fruit here may be the easiest for your child to eat already, so there wouldn't be a need to feed those to Tiny in the app... you may choose to "let Tiny try some veggies" instead. Tiny loves tasting new things and can really inspire kids to join along! :) Or you could always zoom out to match her plate to sample from the assortment that is in yours.

* Remember though, kids don't like seeing parts of plates or silverware in Tiny's bowl – only foods in pic!



*If a child needs help eating their meals or snacks in a timely fashion, you can use the timer to pace a child's intake if that is helpful, so they stay on track with the time goal you've set to eat along with Tiny. Children are inspired to eat along with her as her plate empties! Whenever the child is full, it is fine for them to stop – there is no need to finish it all, that's up to them to decide.



Tiny likes drinking well too!

If a child's goal is to drink water, milk/sub, or another healthy beverage but they struggle to finish it, you can invite the child to complete a drink along with Tiny in the app