

TINY TASTES EXAMPLE: FOR SELECTIVE EATERS



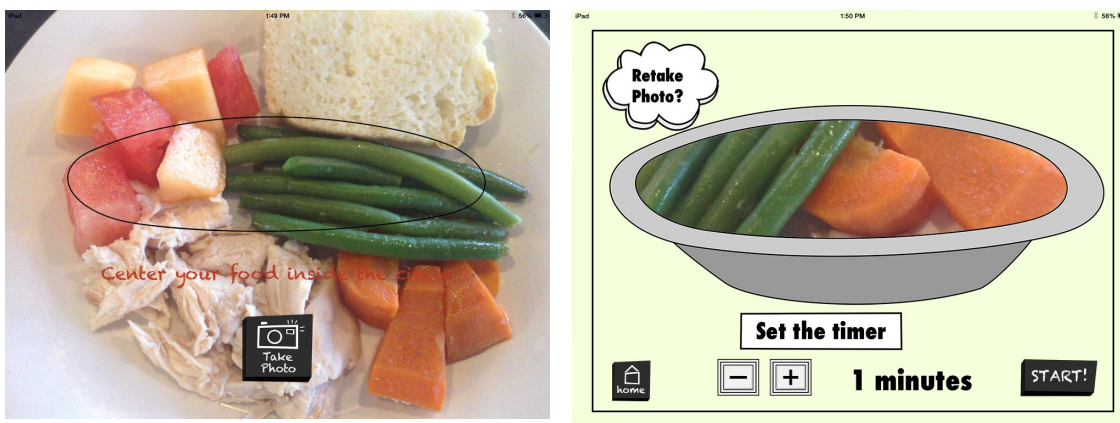
Kids have a mind of their own when it comes to what they will eat and what they really don't want to eat! This can be completely normal, and children often go through phases with foods. However, some children tend to get stuck in patterns and can benefit from a little extra encouragement or incentive to try new foods. Other children have more significant feeding difficulties and it takes more time to build up to tasting even a small bite of something new.

Tiny Tastes can help the feeding process to be a more positive experience for everyone, instead of the power-struggle, anxiety, or stress that can sometimes occur around this topic. It is the parent's responsibility to provide healthy food options, and up to the child what he/she will eat.

It can work well to serve a mix of both familiar foods that the child enjoys, as well as a healthy new food that they can try too. We know that repeated introductions are helpful, so it's up to you which 'challenge' food(s) you will focus in on with the Tiny Tastes app during meals. For example, most of the meal pictured here may be easy for a child to eat already, so we may just choose to feed the vegetables to Tiny "to taste" in the app this time to see if the child may be inspired....

Tiny loves tasting new things! She can reduce anxiety levels and help kids want to join her over time.

* Kids don't like seeing parts of plates or silverware in Tiny's bowl – only foods in pic, however small the bite-goal!



*If a child needs help pacing their meals or snacks in a timely fashion, you can use the timer to pace a child's intake if that helps them stay on track with the time goal you've set to eat along with Tiny as her plate empties! Whenever the child is full, it is fine for them to stop – there is no need to finish it all. Note: other children do better without seeing the timer if they have any baseline anxiety present.



Tiny loves tasting new foods!

Whatever it is that your family is eating, you could try feeding to Tiny in the app and let her inspire your child to eat over time, as she models adventurous tasting! But there should never be any pressure on the child to join in. Many selective eaters will watch Tiny multiple times before wanting to taste food with her.