



# Picky Eater Survival Checklist

## BEFORE THE MEAL

- Set regular meal & snack times
- Limit grazing
- Come to the table hungry
- Calm environment
- No screen

## DURING THE MEAL

- Include one "safe" food
- Same meal for everyone
- No pressure or forcing
- Child decides how much
- Stay neutral

## ABOUT NEW FOODS

- Offer without pressure
- Pair with familiar "safe" foods
- Repeat exposure (8, 10 times)
- Allow exploration (touch)
- No high expectation

## PARENTS MINDSET

- Trust your child appetite
- Stay consistent
- Focus on long-term habits
- Avoid power struggles
- This phase is normal

## WEEKLY PROGRESS CHECK

- Offered 2 new foods
- Connection over control
- Calm family meals
- Noticed small improvement
- I respected my child appetite
- Gave myself grace

*You offer. Your child decides.*