



TheraPeeps

PEDIATRIC OCCUPATIONAL
THERAPY

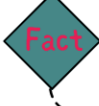


HOW COLORFUL IS YOUR CHILD'S PLATE?

Help Your Child Learn How To
Explore Various Tastes



Introducing fruits first will result in kids only liking sweet taste



Kids need a variety of fruits and vegetables for good nutrition

Only introduce **ONE** new food every **THREE** days to evaluate for food sensitivity/allergies

NO dairy until after **12 months**

NO fish and nuts until after **2 yrs**

To encourage acceptance of various tastes, Alternate between fruits & vegetables every **3** days

Once all fruits and veggie combos have been introduced, start to introduce meat mixtures

The messier the better!
Make mealtime fun time. Let them explore, that's how they learn.

It takes a child **10x's** to accept the taste of a new food and eat it consistently

Don't mistake their gagging as a rejection to the food. Keep trying

Having trouble with a picky eater?

Call us to schedule your complimentary 20 minute consultation to help make your day run much smoother



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