

Taste Testing

IS YOUR CHILD READY?

Litmus Test

- **My child is at least 4 years old.**
- **I don't pressure my child to eat at meals or snacks**
- **Mealtimes are positive in our household.**
- **My child does not have a global fear of new foods.**
- **My child is generally relaxed at the table, even with non-preferred foods nearby.**
- **I accept my child's "No" with regard to food.**
- **I am nonchalant about my child's reaction, good or bad.**
- **I don't praise or reward my child for eating or trying food.**

Before you embark on taste testing with a child who has had difficulty with eating, I would recommend that you fully commit to following the Division of Responsibility for at least one month. Please consider both your child's readiness and yours to ensure this doesn't become a way to pressure your child. Pressure can be a sneaky beast!

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