

# Picky Eating Plan Worksheet Outline

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The goal of this worksheet is to step back and look at your child's eating honestly. We're so caught up in the daily battle that we rarely stop to think about how stressful meals really are or how many foods they actually eat.

Your answers will be important, and you'll be glad you have them.

As you watch the workshop series:

How old is your child? .....

How long have you been struggling with picky eating? .....

On a scale of 1 to 10 how stressful are mealtimes in your home: .....

List the Foods Your Child Eats:

Carbs/Starches	Proteins	Fruits/Veggies

What have you done in an effort to get your child to eat new foods? (example: give dessert as a reward, watch TV while eating, "try-it" bite, etc.) .....

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What if any of those strategies worked? .....

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Now I've got a tiny bit of homework for you:

**1.** Close your eyes and imagine what it would be like to have your child come to the table willingly and not only accept a new food on their plate, but pick it up and try it, completely on their own.

**2.** Imagine that again and again. Because it is so much more possible that you think. This 2-step process has worked time and time again with even the pickiest of eaters.

Kids that only have 3 foods in their diet and gag when they see other food, from 1 to 10 years old.

**3.** Think about what you'd like to have happen at mealtimes in your home! Write it down below. Maybe it's to have your child willingly come to the table or share a family meal. What's your biggest goal?

**Start to believe that it's all possible, even for your child!**