

# The 2-Step Process to Move Your Child from Picky Eater to Healthy Child Video Series

with Alisha Grogan

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## Video Series Worksheet - Part 1

Fill in the answers as you watch Video 1. Join Alisha live at 3 PM EST / 12 PM PST on Thursday, May 7th, 2020.

1. Failed attempts, picky eating tips, and special recipes that don't work often lead to increased \_\_\_\_\_ and worse \_\_\_\_\_ .
2. Having a \_\_\_\_\_ is the key to ending stress over food in your home and teaching your child to have a \_\_\_\_\_ healthy relationship with food.

*"I never thought I'd see the day when I'd be able to say, in the past month, she has tried smoked salmon, pizza, bell peppers, tomatoes, feta cheese, kiwi, meatballs, lasagna, and a few other things" - Wes*

3. \_\_\_\_\_ % of all kids experience at least some type of picky eating.
4. A lot of parents have been told or believe that \_\_\_\_\_, but \_\_\_\_\_ is dangerous because, the truth is, picky eating can \_\_\_\_\_.

*"I feel less stressed because we have a plan. He has picked up about 75% of his preferred foods that had fallen off and has tried about 7 new foods. Previously, it had been years since he tried a new food." - Bonnie*

5. 4 Picky Eating Pressure Tactics to let go of:

- \_\_\_\_\_ club
- \_\_\_\_\_ with \_\_\_\_\_
- \_\_\_\_\_ veggie \_\_\_\_\_
- \_\_\_\_\_ bites

6. The Big Consequences:

- \_\_\_\_\_ eating
- Veggies / healthy food becomes ingrained as \_\_\_\_\_
- Breaks down \_\_\_\_\_

*As an OT, I've seen this bad advice and myth do a lot of damage. Parents tell me all the time that they wish they had done something sooner because over the years, they've eaten less and less variety of foods instead of more.*

7. What you can do today:

1. Let go of old school \_\_\_\_\_
2. Focus on \_\_\_\_\_ together. Make sure they have 1 food they normally eat.
3. Complete the picky eating checklist (page 3)

Join me for the unplugged addition of Video 1 in [Real Help for Picky Eaters](#) (our free facebook group) on Friday, May 8th at 2 PM EST / 11 AM PST to get all the worksheet questions answered and more examples!

# Bonus!

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## Extreme Picky Eating Checklist

Picky eaters aren't all created equal, some kids are very picky and are in their own category called extreme picky eaters. This is a checklist for extreme picky eaters:

- Eats less than 25 foods
- Will only eat certain foods if it's a specific brand or prepared a certain way
- Tantrums when it's time to eat
- Will starve before eating something new or different
- Gags or throws up when looking at, touching, or tasting a food they don't typically eat
- Has a poor appetite
- Doesn't eat food from all the food groups
- Eats as little as 2-5 foods
- Prefers the same foods over and over again
- Foods are often white or beige in color
- Tends to like one texture of food (crunchy, soft etc.)

**This is a step in the right direction! Learn more in Video 2**