

3 KEYS TO TURN PICKY EATING AROUND WORKBOOK

This workbook will help you stay on track during the workshop, so that you don't miss a single thing and can get the absolute most possible out of this free event and make incredible changes in your home.

Here are a couple of other important reminders before the workshop begins to make sure you are getting the most out of the time you are putting aside:

1. Find a quiet spot and give yourself the opportunity to really learn without distractions.
2. Put your phone on vibrate and turn off your TV, music, etc.
3. Close all other windows on your computer or phone so that you get the fastest connection. Sitting near your router (if you know where that is) will also be helpful to ensure the best quality.

Pre-Workshop Questions:

What are your goals/dreams for your child's eating:

- 1.
- 2.
- 3.

What are you hoping to learn in this picky eating workshop:

Why do you think your child is a picky eater? (you'll find out some reasons in the workshop!)

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Start here to follow along during the workshop:

3 Picky Eating Myths:

1. They will eventually _____.

This is false because _____.

2. They'll _____ out of it.

This is false because _____.

3. _____ are to blame.

This is false because _____.

3 Keys You'll Learn to Turn Around Picky Eating

The keys I'm sharing with you today are the foundation and absolutely necessary to see the changes in your child's eating that you've only been able to dream about until now.

Key #1:

The key to a successful and positive environment for mealtimes is to NOT _____ your child to _____.

The Division of Responsibility or DOR states::

"The Parent is responsible for _____

_____.

The child is responsible for _____

_____."

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List at least 3 of the ways we can add pressure to mealtimes:

- 1.
- 2.
- 3.

How _____ affects our kids eating

1. Creates distrust
- 2.
- 3.

The second key:

The second key that works closely with the first is to serve food _____, not _____.

To make that work, you must ALWAYS have at least one _____ at every _____.

The third key:

The third key is to get _____. End the _____!!!

A child's schedule should be _____ and _____ hours between every meal or snack. .

To make that work, don't allow anything but _____ in between meals.

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My goal is to take the stress out of meals and have your child _____ the food they will eat by empowering _____ with proven, do-able strategies so you can with help your child with total _____!

It's time to finally stop _____ about what and how much your child is eating and make these changes a reality with a _____.

The _____ Works Plan has 5 Steps:

- 1.
- 2.
3. Address the underlying cause
- 4.
5. Icing on the cake (extra tips)

Take a moment to imagine mealtimes going a different way with your child. One without stress and worry. How would that feel:

What changes can you make in your home (baby steps count):

Do you need any additional supports or strategies to make this successful in your home?

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Thank you so much for participating in the workshop!