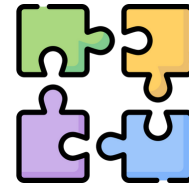


Trying New Foods Can Be Challenging

As children grow, they learn and develop new behaviours and skills to be able to navigate their world. This process takes time and practice. Much like climbing a ladder, simpler skills are learned first, while more complex skills may take more time and support.



For example, when learning how to build a tower, a child must first learn to sit down. They must then learn to stack a few blocks to build a tower. As learning progresses, harder skills like building castles are learned. Similarly, when learning to try new foods, the child must first learn to sit down. They must then learn to tolerate a new food on their plate before attempting the hardest skill of trying a new food. This is an important concept to understand, as trying new foods can be one of the most challenging skills for children to learn.

Ladder of Skills

- On the ladder, skills range from the easiest at the bottom to the hardest at the top
- It is important to start working on easier skills before working on harder skills
- Every child is different and has skills that are easier or harder for them to learn



Harder skills

Trying new foods is one of the most difficult tasks we can ask children to work on.

Easier skills

We need to first ensure children can accomplish easier tasks before we can work on trying new foods.



Trying new foods can be a difficult skill to learn. It is important to help your child work their way up the ladder by focusing on easier skills before jumping to the top and trying new foods.



This handout is part of the NDD Restrictive Eating Clinic Information Series:
www.hollandbloorview.ca/RestrictiveEatingInfo