**Suggestions for Picky Eaters**

**1-2-3 Method**

* Provides a beginning and an end
* Helps to build trust
* Helps to build tolerance

Start with a simple expectation that the child will accept, such as touching a food. Count to 3 while child touches the food and say “all done”, then take the food away.

Gradually increase the length of time it takes to count to three so that the child touches the food longer but knows that you will take it away as soon as you reach three.

Gradually increase the expectation. Have the child touch the food to the lips. Count to three and “all done”.

Never go past three!

Keep increasing the expectations as tolerated by the child. E.g. lick the food. Then bite the food. Then bite and chew. Then bite, chew and swallow.

  