


Preventing Picky Eating

Table of Contents

Book 1: Developmental Milestones

Chapter 1: How Children Learn to Eat: A month-by-month guide

- Birth to 6-8 Weeks of Age
- 4-6 Weeks to 3-4 Months of Age
- 5-6 Months of Age to 7-8 Months of Age
- 9-10 Months of Age to 11-12 Months of Age

Chapter 2: Strategies to Help Infants & Toddlers Meet Feeding Milestones

- Birth to 4 Months
- Introducing Purees
- Introducing Table Foods
- Refining Skills and Building Strength & Efficiency

Chapter 3: Understanding How Children of Different Ages Think About Food

- Part 1: Sensori-Motor Thinkers
- Part 2: Pre-Operational Thinkers
- Part 3: Concrete Operations
- Part 4: Formal Operations

Book 2: Introducing First Foods

Chapter 1: Helping Infants Learn to Eat Well

- Birth to 4 Months
- 4 – 8 Months
- 8 – 14 Months
- 14 – 18 Months



Chapter 2: Readiness Cues for Introducing New Food Textures

- Foundational Skills for Learning to Eat
- When is my child ready to begin purees?
- When is my child ready to begin meltable foods?
- When is my child ready to begin soft cubes?
- When is my child ready to begin finger foods?
- When is my child ready for mixed textures or family foods?
- How and When to Introduce a Cup

Chapter 3: Introducing Purees

- One Suggested Order for Introducing Baby Food Purees
- The Benefits of Homemade Purees
- All about pouches!

Chapter 4: Infant Troubleshooting

- My Baby doesn't have teeth yet – can he still eat?
- Gagging versus Choking – Understanding the Difference and What to Do
- Why we don't recommend using Mesh Feeders

Chapter 5: Recipe Ideas for First Foods

- First Food Ideas and Where to Start!
- Puree Recipes for Building Adventurous Eaters
- Homemade Teething Biscuit Recipes
- Homemade Meltable Recipes
- Homemade Soft Cubes

Book 3: Setting Your Toddler Up for Success - Schedules & Routines

Chapter 1: Creating a Schedule for Meals to Support Appetite

- Typical Feeding Schedules by Age
- Is it OK for my child to graze all day?
- How a Feeding Schedule Supports Better Eating



Chapter 2: Mealtime Routines

- Mealtime Routine for Toddlers
- How long should meals take?
- TALK at the Table Matters
- The Dangers of the Clean Plate Club
- Utensils We Love
- Choosing a Feeding Chair for Your Child
- Offering Good Nutrition at Meals and Snacks
- How Much Should My Child Eat at a Meal: Portion sizes by ages

Book 4: Setting Your Toddler Up for Success - Expanding Food Range

Chapter 1: Ideas for getting your Toddler Involved with Food

- Engaging Children in Cooking and Meal Preparation to Support Mealtime Success
- Adding a Fun Factor to Meals
- Kitchen Tools We Love
- Fun Food Books to Explore with your Child
- Pull Up a Seat in the Garden – Setting a Therapeutic Table

Chapter 2: Strategies to Support your Child in Learning to Eat New Foods

- Steps to Eating Hierarchy
- Creating and Using a Chew Bin
- Supporting Oral Motor Skills with Stick Shaped Foods

Book 5: Toddler Troubleshooting

Chapter 1: Why is eating so hard for my child?

- The Top 10 Myths of Mealtimes
- The Body's Top Priorities
- Understanding the Complexity of Feeding Problems
- When Children Won't Eat: Understanding the "Why's" and How to Help
- Why we don't use the ARFID diagnosis

Chapter 2: Why won't my child sit?

- The Importance of Positioning – How to get your child into the right position at the table
- Choosing a Feeding Chair for Your Child
- Why does my 14-month-old hate his high chair?



Chapter 3: Why isn't my child eating enough?

- Common Reasons Why Children Won't Eat
- Research Showing that Kids with Feeding Difficulties are Intrinsically Different Than Their Peers
- Why are Mealtimes the Hardest Part of my Child's Day?
- Is Constipation Affecting Your Child's Eating?

Chapter 4: Why is my child so messy while eating?

- Dealing with the Mess of Mealtimes
- My child only wants to eat with his fingers, HELP!
- Myth #10: Mealtimes are a proper social occasion. Children are to “mind their manners” at all meals.