STEP BY STEP GUIDE TO FOOD ACCEPTANCE

STEP 1	 Choose a new food. Put a tiny amount (size of finger nail or less) of the new food on to your child's plate. Remember: Put the new food in the same place on the plate each time, ensuring it does not touch accepted foods. If putting the new food on the same plate as accepted foods causes any upset, put on a separate plate at the side.
STEP 2	Encourage your child to smell the new food on the plate. Get involved by smelling the food too - your child may copy!
STEP 3	Encourage your child to pick up the new food with a fork or spoon. Again, your child will not usually try to eat the food at this stage.
STEP 4	Encourage your child to touch the new food with their fingers.
STEP 5	Then encourage your child to pick up the new food with their fingers.
STEP 6	Encourage your child to touch the food to their face, then to their lips ('kiss the food') and then to their tongue. Do this at a rate that suits your child – some children may do all steps at one mealtime, others will take several!
STEP 7	Encourage your child to lick the new food then put in their mouth (they can remove without chewing and swallowing – this step allows them to experience the taste and feel of the food in their mouth).
STEP 8	Encourage your child to bite, chew and then swallow a very small amount of the food.
STEP 9	Finally - gradually increase the amount of food eaten but to no more than a 'normal' portion. The food then becomes an accepted food for your child.
	then start the process all over again with another new food!