



# Module 1

## Understanding the root causes of picky eating

There are lots of reasons why children may be picky eaters - no two children are the same! We believe that the very first place to start is understanding WHY your child may be finding eating hard. In this module, we share videos on some of the main causes of childhood eating problems.

### Videos

**Sensory systems:** this is all about how we use our senses (smell, touch, etc.) when we eat and why this can be challenging for some children.

**Oral motor skills:** this means 'chewing and swallowing'. If a child is only eating a limited diet, this can contribute to chewing and swallowing problems. Equally, chewing and swallowing difficulties can cause picky eating.

**Temperament:** we are all born with a certain temperament. Researchers know that certain types of temperament are connected to picky eating, such as when a person is naturally anxious, sensitive or emotional.

**Physical problems:** sometimes children have health conditions that affect eating, like constipation and food allergies for example.

**Trauma and negative association:** it isn't just physical issues or what we're like as people that have a bearing on how we eat, what we experience makes a difference too.

**A need for control:** there are lots of reasons why children may feel a little out of control at meals - maybe because of mealtimes being a bit of a battle! This need for control can make eating worse.

Make sure to check this module's worksheet (in the workbook), where we invite you to reflect on which root cause (or root causes!) may be relevant for your child.



# Module 2

## Positive Mealtime

### Parenting Part 1

Before you can really get going with helping your child broaden their eating repertoire, you have to understand what is a developmentally normal picky eating. You will need to start thinking about how to set up structure and organise meals and snacks with your child so that they are ready to eat when the food is served!

## Videos

**Understanding developmentally normal picky eating:** you may have heard people saying that picky eating is 'just a phase' or is normal for young children. We explain how to tell the difference between normal and problematic eating and what this means for your child.

**Understanding self-regulation:** it is super important that your child is able to sit down to meals and snacks hungry, and stop eating because they are feeling full. This natural cycle where they eat for internal reasons rather than external ones (eating for your tummy not your mummy!) is a huge piece of the puzzle when it comes to helping children develop a positive relationship with food.

**Getting your structure right:** in order to help children self-regulate, we need to have a meal and snack structure that is right for their age and stage. Many families find themselves in a grazing pattern which doesn't support self-regulation. In this video, we talk about how to think about your structure and how to make some changes if you need to.

**Snacks:** snacks are often thought of as packaged food to be eaten on the move, or something that a child shouldn't fill up on. Check our pdf handout with suggested snacks combos that are nutritious, balanced and filling mini meals.

Make sure to check this module's worksheet (in the workbook), where we invite you to create your own meal and snack schedule and a few balanced and nutritious snacks for your child.



# Module 3

## Positive Mealtime

### Parenting Part 2

Now you've spent some time thinking about why your child is a picky eater, you are ready to look closely at how you manage feeding at your house. This is a blame-free zone! We're not asking you to be self-critical for approaches you've used in the past. Instead, we're sharing 'best practice' so that you know how to feed your child in a way which will help them (and you) enjoy meals.

## Videos

**Responsive feeding:** this is the 'gold standard' when it comes to feeding your child, whether or not they have issues with food. In this video, we explain what responsive feeding is and why it is so important.

**How to avoid mealtime pressure:** so you've understood that pressure is the enemy of progress for your picky eater, but how to actually achieve pressure free meals? In this video, we share some crucial guidance.

**Examples of mealtime pressure:** Watch this action filled video to spot all the types of pressure Jo, Simone and Natalia are demonstrating for you.

**Family style meals:** a family style meal is simply a meal where everyone serves themselves from serving dishes in the middle of the table. At Your Feeding Team, we think family style meals are a game-changer. We tell you all about the practicalities in this video.

Make sure to check this module's worksheet (in the workbook), where we invite you to spot the types of pressure Jo is using when Natalia refuses to drink her white wine! Are you using any of these types of pressure with your child?



# Module 4

## What progress looks like

Take a breath! After all the information and advice we shared in the last module, we invite you to take a minute to think about how children progress with eating (spoiler: it's not linear and each child is different).

### Videos

**What progress looks like:** we take a look at some of the common pitfalls and roadblocks you may meet as you work towards harmonious mealtimes and new foods. If you're prepared, half the battle is won!

**Audio interview:** Jo interviews Simone about the learning bowl: what is it? How can it be used? And how can we transition children away from learning bowls when they are ready?

Make sure to check this module's worksheet (in the workbook), where we invite you to reflect on your child's progress so far.



# Module 5

## Food, feeding and you

### (Part 1)

In the next two modules, we'll be looking at what we bring as parents to feeding. The emotional stuff; the anxiety; the fall-out from how we were parented! This isn't easy for everyone but the more you can understand the influences on how you feed your child, the easier it will be to make changes.

## Videos

**It's not your fault** Soooo many parents tell us that they feel guilty about their child's eating... that they think it's something they've 'done'. In this video, we explain that your child's picky eating is not your fault. You are part of the solution, not part of the problem.

**Your feeding legacy** We all come to parenting with a load of baggage and food is no exception. In order to shift ingrained habits (like that urge to persuade your child to take just one more bite!) we often need to process our own childhood habits and behaviour patterns. This video is a must-watch for everyone.

Make sure to check this module's worksheet (in the workbook), where we invite you to reflect on your child's progress so far.

Make sure to track and reflect on your feelings about your child's eating using this module's worksheet from your workbook.



# Module 6

## Food, feeding and you (Part 2)

This is the second module with a focus on what you bring to feeding from an emotional point of view, both in terms of your own relationship with food and your anxiety levels in relation to your child's eating.

### Videos

**Your relationship with food:** is food a friend or an enemy? Are you a total foodie or is food just fuel? This is relevant to how you feed your child in ways that may not be immediately obvious. In this video, we help you unpick all of this potentially messy stuff.

**Your feeding anxiety levels:** your worries about your child's eating can turn into a block to moving forward. How do you stop using pressure when your main goal is still to 'get food down' your child? In this video, we help you figure out how to genuinely reduce your anxiety levels so that both you and your child can feel great about mealtimes.

This month's homework is assessing your feeding anxiety and recording your food dreams. All worksheets can be found in the workbook, as always.



# Module 7

## Boost nutrition

Now that you are equipped with responsive feeding strategies, it's finally time to dive into nutrition. Nataia will walk you through the most common nutritional pitfalls and show you easy ways to help your little one get all the nutrition they need to grow and develop optimally.

### Videos

**Calcium:** dairy and dairy free sources Which type of dairy or non dairy beverage is the best for your child? Are plant based beverages appropriate for small kids? How to choose the best dairy free milk alternative for toddlers and older children? How to help your child meet their calcium needs even if they are not drinking any milk?

**Iron:** learn how to combine different types of food to improve iron absorption and how to make iron rich food easier for your child to accept.

**Protein:** you may be surprised to find out that even the pickiest of eaters are very likely to meet, and even exceed, their protein requirements. In this video, Natalia will share how much protein exactly kids of different ages need.

**Best fats for your child:** getting enough fat is very important for kids' growth and development and some types of fat are trickier to get, especially for kids who do not eat everything. In this video, you will find out whether your child is getting enough DHA and whether you need to use supplementation.

**Fiber and constipation:** in this video, Natalia will walk you through simple ways to add fiber to your child's diet and explain why changing the diet may not be the first thing you need to do when dealing with stubborn cases of constipation.

**Daily and weekly nutritional plan:** learn a simple formula showing you how to include nutrient rich foods in your child's daily and weekly meal plan to ensure they get the nutrients they need.

You will also be able to create your child's personalised nutritional plan using this module's worksheet, found in the workbook.



# Module 8

## Behind the scenes

This module is all about getting behind the scenes at Simone, Jo and Natalia's places! Have a look at how we structure our family meals, what is on offer and some tips for you to try at home.

### Videos

**Lunch with Simone:** Simone is inviting you to her house to show how she is serving lunch to her family.

**Dinner with Jo:** Jo is setting the dinner table for her family and a little guest, while sharing her tips on how to get kid ready for dinner.

**Natalia:** Natalia invites you to her kitchen first thing in the morning, to show you how she prepares and sets up breakfast for her girls.

Use the template included in the workbook to practice creating simple family meals ideas a combination of accepted and new/less liked foods.



# Module 9

## Getting everyone on-side

You may have understood how to approach feeding, but not everyone in your family or social circles may be on the same page. In this module, we help you think about how to get everyone on-side, including your partner, friends, family and school or daycare.

### Videos

**Your partner:** If you or your partner are not working together, it will get in the way of your child's progress. Jo shares some practical strategies to ensure you are working as a team.

**Friends and family:** You may be super clued up on how to approach feeding but it can be really hard when other people in your life are not being supportive. In this fvideo you will learn how to present a united front.

**School and daycare:** Your child's school or daycare can be a real ally when it comes to your child's eating but it can take a bit of work. Jo suggests practical strategies to get the conversation going and shares links to additional resources.

Fill out the questionnaire for couples, included in our workbook, to develop mutual understanding of where each of you is coming from in terms of beliefs and values related to food and eating and how to you can start working as a team.



# Module 10

## Getting your child to try new foods

In this module, Simone takes you through 4 ways you can let your child learn about new foods. This focuses on the mindset shift of moving from “get” to “let” and empowering your child without creating dinnertime battles.

### Videos

**Food chaining:** Simone will take you through the concept of food chain, how to plan it out and fit it with your daily life.

**Using prompts without pressure:** exploring ways to engage children with food in a way that does not step on their toes and is in line with responsive feeding .

**Boost your child's mealtime skills:** eating requires lots of skills and Simone will take you through everyday ways to build those skills, for example: being organised, following instructions, using cutlery and biting off pieces of food.

**Interpret and understand your child's mealtime behaviour:** decode the mealtime behaviour to get to its root and help find solutions for your child's eating challenges.

Use the template included in the workbook to create chaining sequences and start introducing new foods to your child. Use the decoding worksheet to start understanding better your child's behaviour.