skills on the hill pediatric therapy

Getting a New Food to the Table (Without a Battle)

The gentle "food chaining" approach therapists use

You can't force a child to eat - but you can gently expand what they'll try. "Food chaining" builds bridges from foods they love to new ones, one small step at a time, with zero pressure.

NOTICE	TRY	BUILD	CONNECT	GROW

Start with a "yes" food

Pick something they already love as your anchor

Change ONE thing at a time

Brand, shape, color, temperature, or dip - not everything at once

Climb the ladder of exposure

Tolerate on the table > touch > smell > kiss or lick > tiny taste > chew and spit > eat

Any step is a win

Keep pressure at zero

No "just one bite," bribing, or hiding foods - pressure backfires

Make it playful and repeated

It can take 10-15+ exposures before a food is accepted

Play with food, cook together, and keep offering

Model and eat together

Kids try foods they see trusted people enjoy

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.