

Stages of Progress with Eating



Stage 1: Less Stress

- _____ Able to sit longer
- _____ Not asking for iPad as much
- _____ Not asking for sippy or snacks as much
- _____ Wakes up happier
- _____ Sleeping better
- _____ Decreased anxiety overall
- _____ Less whining in the transition to meals
- _____ Doesn't need to be dragged to the table kicking and screaming
- _____ Less agitated or fidgety
- _____ Better behavior
- _____ More willing to help prepare food
- _____ Asks about food
- _____ Serves food onto plate, though doesn't touch it

Stage 2: Increasing Comfort

- _____ Asking for seconds or more for the first time
- _____ Saying "I'm hungry" for the first time, or more often
- _____ More open to trying new desserts, like a new flavor of ice cream
- _____ More open to eating out or less fear coming to table
- _____ Engaging in conversation more at the table
- _____ Engaging in cooking more, expressing interest in foods
- _____ Using utensils more appropriately
- _____ Engaged with family
- _____ Talking happily
- _____ Sitting nicely
- _____ Serving herself or others
- _____ Commenting on her food or others'
- _____ Playing with food: biting toast into shapes, playing with noodles, making hills out of mashed potatoes

Stage 3: Greater Confidence

- _____ Bigger meals, more often
- _____ Attitude is reliably neutral or nonchalant around new foods
- _____ Ability to say, "No, thank you"