

TIPS SHEET /CHINESE

Picky Eating 102

挑食102

TIPS:

- set aside fun time to explore new foods with your child a little bit at a time
- make sure your child has eaten their preferred foods first
- OT is an occupational therapist
- “incrementally” means a little bit at a time
- use only a tiny amount of the new food at a time and find a creative way to explore or play with it with your child, make up a story, don't be afraid to make a small mess

贴士

- 抛开游戏的时间，花一些时间和你的孩子开发一个新的食物
- 确保你的孩子先吃他们喜欢的食物
- OT是一个职业治疗师
- “增量”意味着增加一点点的时间
- 一次只尝试一小点的新食物，跟你的孩子一起探索和发现一个有创造力的方式，讲一个故事，不要害怕收拾一个烂摊子