



Social Story Template to Help Hesitant Eaters Try New Foods

Title: (Child's name) Tries a New Food

(Preferred food) is easy to eat.

I don't have (e.g. shy, scared, scary, icky) feelings about (preferred food).

I eat (preferred food) a lot and I love (preferred food)!

(Semi-preferred food) is almost as easy as (preferred food).

I am trying to eat (semi-preferred food) more often so that my brain learns to love (semi-preferred food)!

(It/They/Semi-preferred food) not my favorite, but I'm liking (it/them) a little bit more each day.

(New food) are not as easy for me as (semi-preferred food).

I feel a little bit (e.g. shy, scared, scary, icky) about trying (new food). That's just a feeling. It's not the (new food). So that I don't have to feel that (e.g. shy, scared, scary, icky) feeling for too long, I put a small piece of (new food) in my mouth right away. I'm very brave.

I put a small piece on my (e.g. molar, dinosaur teeth, big tooth) and chew HARD so my brain is in control of the new food. Then, I take a drink with a skinny straw. That helps me swallow (new food) easily. Now, I don't have that (e.g. shy, scared, scary, icky) feeling, because I did it! I ate (new food)!

It's ok if I don't like (new food) yet. I'm still practicing. That's how I learned to eat my favorite food, (preferred food in first line of story). I am a learning eater. I am (child's name) and I am a food explorer!

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Sample: Molly Tries a New Food

Cheese is easy to eat.

I don't have shy feelings about cheese.

I eat cheese a lot and I love cheese!

Apple slices are almost as easy as cheese.

I am trying to apples more often so that my brain learns to love apples.

Apples are not my favorite, but I'm liking them a little bit more each day.

Pears are not as easy for me as apples.

I feel a little bit shy about trying pears. That's just a feeling. It's not the pears. So that I don't have to feel that shy feeling for too long, I put a small piece of pear in my mouth right away. I'm very brave.

I put a small piece on my dinosaur teeth and chew HARD so my brain is in control of the new food. Then, I take a drink with a skinny straw. That helps me swallow pears easily. Now, I don't have that shy feeling, because I did it! I ate PEARS!

It's ok if I don't like pears yet. I'm still practicing. That's how I learned to eat my favorite food, cheese. I am a learning eater. I am Molly and I am a food explorer!

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