

DAILY MEAL SCHEDULE

6:00 am	
6:30 am	
7:00 am	
7:30 am	
8:00 am	
8:30 am	
9:00 am	
9:30 am	
10:00 am	
10:30 am	
11:00 am	
11:30 am	
12:00 pm	
12:30 pm	
1:00 pm	
1:30 pm	
2:00 pm	
2:30 pm	
3:00 pm	
3:30 pm	
4:00 pm	
4:30 pm	
5:00 pm	
5:30 pm	
6:00 pm	
6:30 pm	
7:00 pm	
7:30 pm	
8:00 pm	
8:30 pm	
9:00 pm	

WHAT DOES MY FAMILY'S MEAL ROUTINE LOOK LIKE NOW?

BEGINNING	EATING/FEEDING	CLEAN UP

ARE THERE CHANGES WE CAN MAKE TO OUR ROUTINE?

BEGINNING

EATING/FEEDING

CLEAN UP

YES, MAYBE, NOT TODAY FOODS

Preferred Foods	Sometime Foods	Not Today Foods

The following exercise is courtesy of the mother of a picnic group graduate:

Preferred Food: _____

How can I...Change shape: _____

...Change color: _____

---Change flavor: _____

...Change way it is presented: _____

...Involve my child in preparing this food? _____

Name three foods that are very similar to the preferred food:

Name a food that is one step away (slightly different) from one of the 3 above foods listed:

Are there similarities between any of my child's preferred foods and sometime foods?

Are there similarities between any of my child's not today foods and sometime foods?

CREATING A HOME PROGRAM WORKSHOP

WHAT ARE THE GOALS WE ARE SETTING FOR MY CHILD AND FAMILY?

SHORT TERM GOALS

1.

2.

3.

LONG TERM GOALS

1.

2.

3.