

## The Self-Fulfilling Prophecy



*“She doesn’t eat that.”*

*“He doesn’t like that.”*

*“My youngest doesn’t eat.”*

*“He’ll never get off the feeding tube.”*

*“Oh that’ll never work.”*

Have you ever caught yourself making a statement like the one above?

WORDS have the power to change thoughts and behavior.

Make a conscious effort to present things a different way:

*“We’re working on adding chicken to our ‘yes’ list.”*

*“He’s learning to taste new foods.”*

*“We’ve moved up the steps to eating with three foods this week.”*

*“We’re going to try cutting our food into different shapes. That will be fun.”*

*“Show me how you can kiss/lick/touch this food.”*

*“Do you want to use the blue fork or the red fork today?”*

*“Should we have warm chocolate milk or cold chocolate milk?”*

**AVOID the negative self-fulfilling prophecy! Practice a positive attitude!**