



I am going to try a new food!



A note to caregivers:

This book will detail the process of a Food Challenge appointment at Rady Children's Hospital.

This book was written for patients of different ages and language levels. Not all sections will apply to your child. Read this first and choose what information you think will be helpful. In this story we refer to Food Challenge as a “new food.” You can determine which language is best to use for your child.

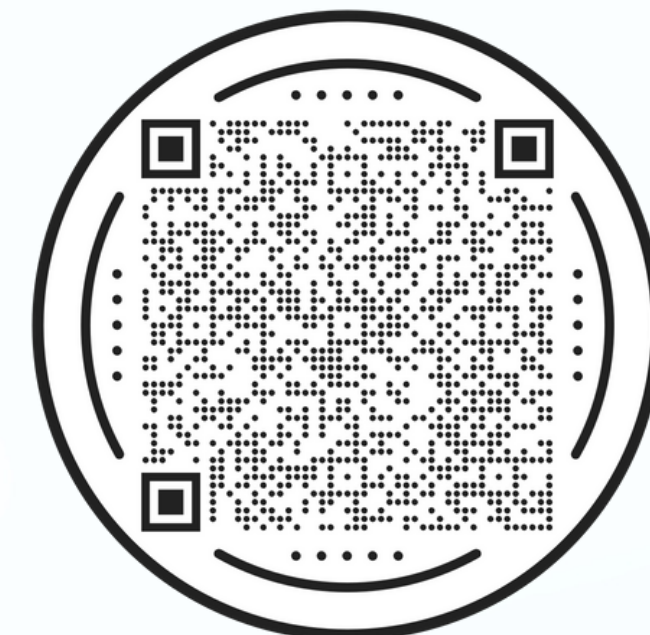
This appointment is scheduled to last 4-5 hours. Some children benefit from distraction (while waiting until the next serving of the Food Challenge). If your child would benefit from distraction during the Food Challenge, please work with your clinician to determine what is safe to use. You may consider bringing a sensory/comfort item with you. Accommodations will depend on the location and staffing.

Some children benefit from earning a rewards after completing the appointment. Please see the customizable visual on the last page of this story. This is one way to present the idea of a prize/reward to your child (e.g., “First [food item], then [insert prize here]”).

We also recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you have trouble filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment. See QR code.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team



I am going to the doctor to try [New Food] and see if it is safe for my body.

The appointment is going to be 4-5 hours long so I can bring some of my favorite things to play while I wait.



Note to caregivers: We recommend bringing a toy or activity for your child can do during the waiting periods of the appointment.



First, we will park the car.

After we park the car, we will walk to the clinic.



I will check-in at the front desk.



Now I will wait until my name is called.

I can *[insert preferred activity here]* **while I wait.**



Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

**When the nurse calls my name,
I will walk to a new room with
my [caregiver].**



**Next, I will talk to the nurse
about [new food].**

**I am going to try [new food]4-6
times.**



Note to caregivers: insert name of food being tested here.

The first bite is very small.

The nurse will check to make sure my body is healthy and safe.

I will tell the nurse if my body does not feel good.



Now I will wait for 15 minutes. I can [insert distraction item here] while I wait.



**Now it is time for the 2nd bite.
The second bite will be bigger.**

**The nurse will check to make
sure my body is healthy and
safe.**

**I will tell the nurse if my body
does not feel good.**

Now I will wait 15 minutes.



The third bite will be bigger.

The nurse will check to make sure my body is healthy and safe.

I will tell the nurse if my body does not feel good.

Now I will wait 15 minutes.



It is time for the 4th bite. The fourth bite will be bigger.

The nurse will check to make sure my body is healthy and safe.

I will tell the nurse if my body does not feel good.

Now I will wait for 15 minutes.



**Now it is time for the 5th bite.
The fifth bite will be bigger.**

**The nurse will check to make
sure my body is healthy and
safe.**

**I will tell the nurse if my body
does not feel good.**

Now I will wait for 15 minutes.



The sixth bite will be the biggest.

The nurse will check to make sure my body is healthy and safe.

I will tell the nurse if my body does not feel good.

Now I will wait for 1 hour to see the doctor.



After 1 hour, the doctor will let me know if *[new food]* is safe or unsafe for me to eat.

If I feel sick, get a rash, or throw up, then I will stay until my body is feels better.



I did a great job trying *[insert new food here]!*

I am all done!

Now it's time for *[insert child's preferred activity or reward].*

Note to caregivers: It may be helpful to identify a reward your child can earn after completing the food challenge.

all done



The End


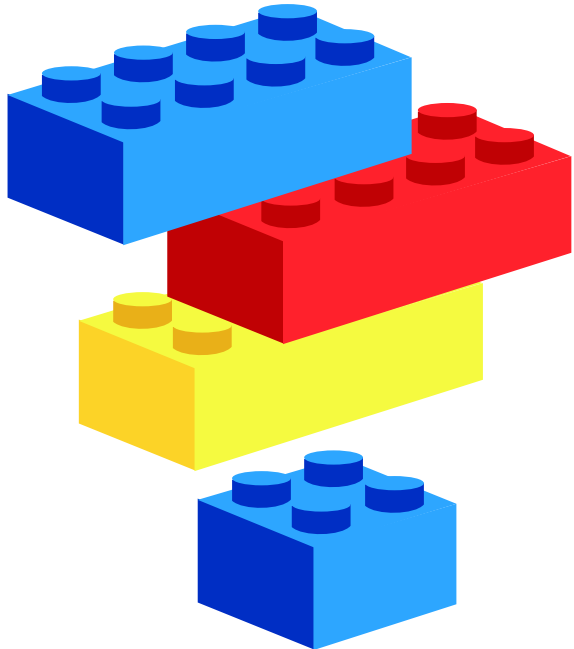
Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.



Caregivers:

Here is a sample “**first-then**” visual if your child is earning a reward after their Food Challenge. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

You can present this by saying, “**First** [new food], **then Legos.**”

| FIRST | THEN |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  |  |

FIRST

THEN

“First [new food], then _____.”



Caregivers:

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, you will talk to the nurse about *[insert new food]*. You are going to try *[insert new food]* 4-6 times.

First, you will take a small bite, then you will wait 15 minutes,

Now you will take another bite. Your second bite will be bigger. Then you will wait 15 minutes.

[Repeat this language for the 4-6 bites your child needs to take]

Now we will wait 1 hour.

Then we will talk to the doctor.

You are all done and can *[insert reward here]*!

