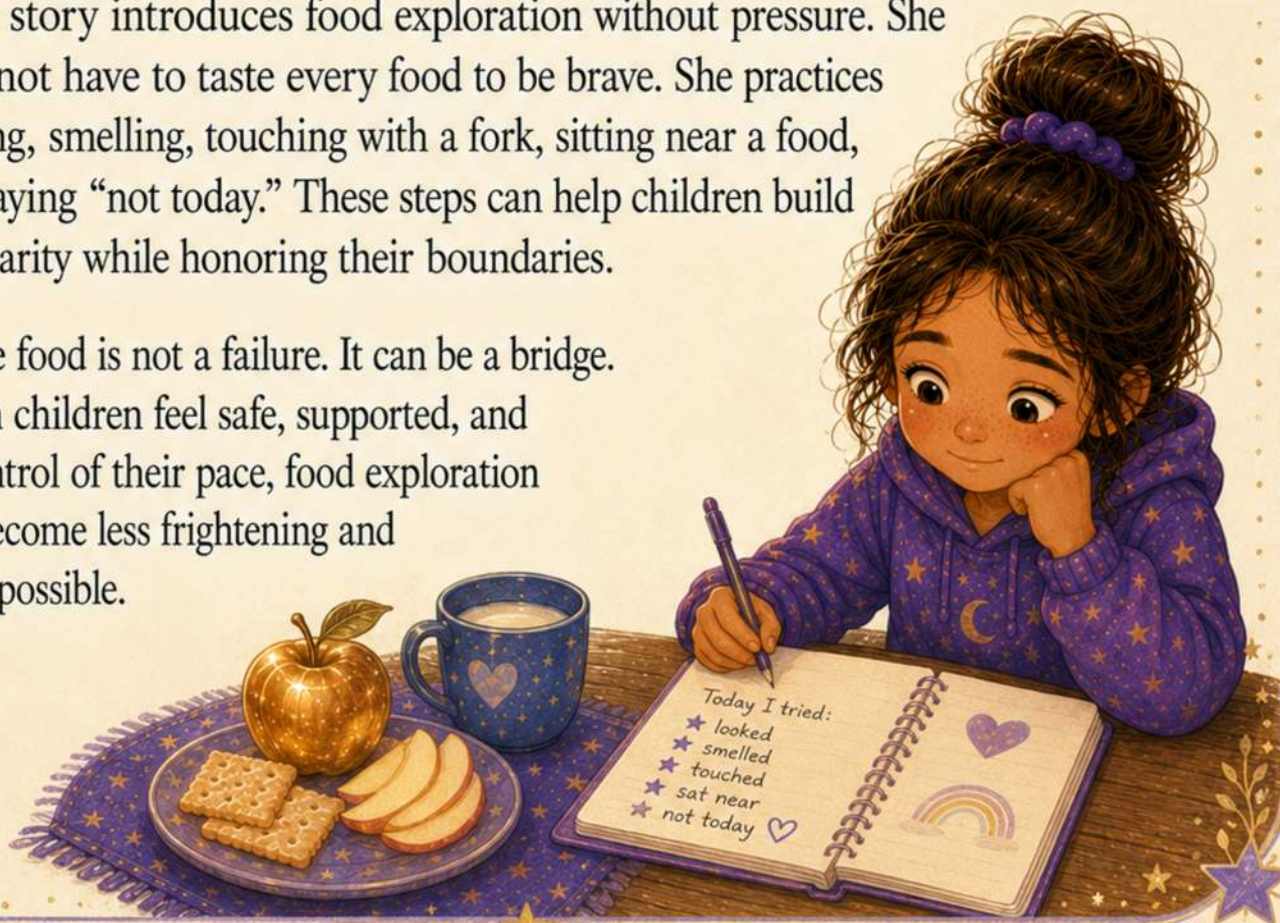


For Grown-Ups

Some children experience food as unpredictable, overwhelming, or unsafe. For children with ARFID or sensory-based food aversions, consistency is not stubbornness. It can be a real need for regulation, comfort, and trust.

Lila's story introduces food exploration without pressure. She does not have to taste every food to be brave. She practices looking, smelling, touching with a fork, sitting near a food, and saying "not today." These steps can help children build familiarity while honoring their boundaries.

A safe food is not a failure. It can be a bridge. When children feel safe, supported, and in control of their pace, food exploration can become less frightening and more possible.





My Very Important Food Facts



A food I already trust: _____

A food I like because it stays the same: _____

A food I might look at: _____

A food I might smell: _____

A food I might touch with a fork: _____

A food I am not ready for yet: _____

A brave food sentence I can say: _____



★ "Not today."

★ "Maybe another day."

★ "I need my safe food nearby."

★ "I can look first."

★ "My body is asking for safety."

