

Action Plan

1. What are some reasonable first step **goals** for your child?

- Increasing variety of food _____
- Promoting appropriate mealtime behaviors _____
- Both _____

2. Identify some potential ways to apply **visual support** strategies to your child’s meals:

- Visual schedule: List the specific activities you would include in your child’s schedule.

- Task analysis: Identify a specific mealtime activity you want to break into smaller steps. List these steps below.

- Visual timer _____
- Choice Board _____
- Other visual supports _____

3. Identify some potential ways to **modify your child’s environment** during meals:

- Limit snacking/grazing _____
- Involve your child in meals for shorter periods of time _____
- Minimize distractions _____
- Other modifications _____

4. Identify some potential **reinforcers** and ways to present them during mealtimes:

- Possible reinforcers _____
- First-Then Board _____
- Token System _____
- Choice Board of reinforcers _____
- Other _____

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5. Identify how you might **respond** to challenging behavior your child typically engages in during mealtimes?

- Follow through with demand _____
- Minimize attention _____
- Remove access to preferred toy/activity _____
- Have neutral food available _____
- Consider reducing demand _____

6. What are some possible ways you could **monitor your child's progress** with these goals?

Additional Notes:

