

Hi, friend.



I was standing in my kitchen making the same beige meal for my son when the idea for this workbook showed up. I had skipped my own dinner again, and I remember thinking that I spend my days building food plans for whole families and then go home to a table where that kind of plan does not work.

My son has ARFID and he is on the autism spectrum. I eat clean and I coach people on eating clean, so for a long time there was a quiet sadness in handing another family a plan I could not have at my own table. I had never said that out loud until I wrote this book.

Somewhere along the way I stopped asking how to get him to eat and started asking what his body is telling me. His nervous system is doing exactly what it was built to do, and I try to treat every refusal as information. I am still learning, every day, what he needs and how to teach him to know it too.

Everything in these pages grew out of that kitchen. The games take the pressure off the plate, nothing in here asks your child to eat, and the tools I lean on most are collected near the back for you to borrow.

Please take what helps and leave what does not. Copy the pages, laminate them and play them a hundred times, because kids like ours find comfort in doing the same thing again, and that repetition is one of the ways trust gets built.

You are not failing, and neither is your kid. Go at their pace, and I will be right here rooting for you.

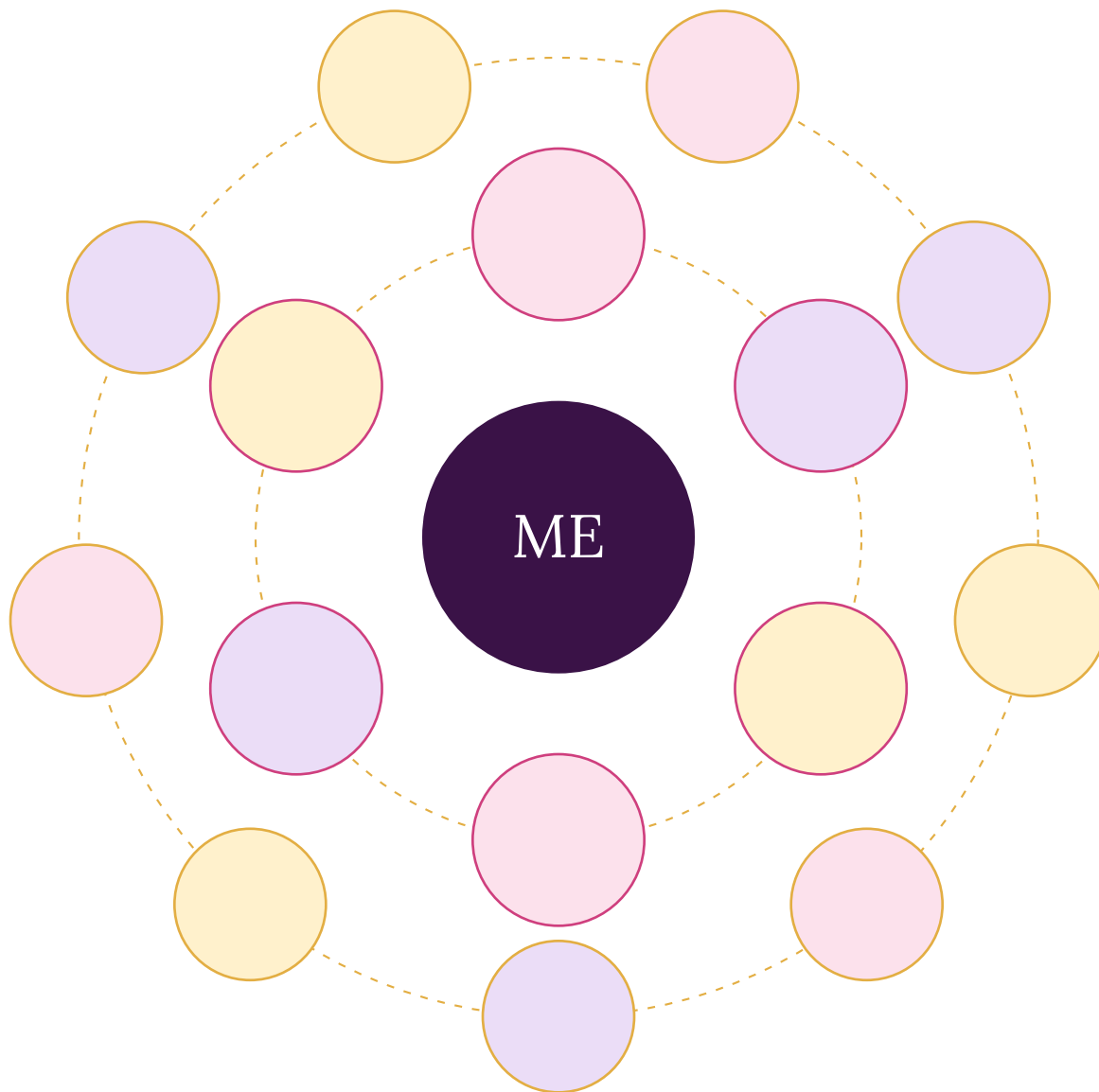
With so much love,

Wendy



My Safe Foods Galaxy

Safe foods are the launch pad for everything else in this book. Write or draw the foods you trust on each planet.



GROWN-UP TIP

List the exact brand, shape and way each food is served. Safe foods are often very specific, and those details help the care team.



12 Food Adventure Bingo

YOU WILL NEED

A bingo card, crayons and a few days to play.

HOW TO PLAY

- 1 Do something on the card and color the square.
- 2 Look for three in a row, going across, down or corner to corner.
- 3 Celebrate together and start a fresh card.

GROWN-UP TIP

No square is ever required. Let your child swap any square for one that feels more doable, and copy the card so there is always a new one ready.

Touched a new food	Smelled a new food	Helped in the kitchen
Watched a cutting video	FREE	Sat at the table
Drew a food	Picked something at the store	Cut something soft

COLOR THE SQUARE

- ☒ I did it
- ☐ I watched someone else
- ☐ Not yet

Play across a few days and squares can be done in any order. Cross out a square and write your own.



Every step is a win.



You Are Not the Problem

Parents of children with ARFID often describe fear, shame, loneliness and guilt, along with judgment from relatives, other parents and sometimes even professionals. If you feel any of that, you are in very good company.

ARFID is a real feeding disorder with sensory, appetite and anxiety roots. Feeling guilty does not mean you failed, and it does not mean you caused it.

PERMISSION SLIPS

Cut apart and laminate. Keep one where you will see it.

I am allowed to make the same meal again.

I am allowed to say no to advice I did not ask for.

I am allowed to eat my own dinner.

Enough energy matters more
than a perfect plate.

I am allowed to change the rules
that do not work for us.

I am doing the best thing I can for
my child today.



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Want all 79 pages?

Get the full My Plate, My Pace workbook with 24 activities, parent guides, printable cards and more.

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