

# Graded exposure to food

Using graded exposure offers the child or young person a chance to feel comfortable with a new task or situation. Graded exposure/desensitisation may take minutes, days, or weeks, depending on the learner's apprehension in relation to the task. If you have adapted your methods and the process remains difficult, it may be that the learner is not yet ready to achieve this goal.

Try to engage the learner in graded exposure tasks daily where possible. It is important to only move onto the next stage when each stage has been mastered and the learner is comfortable. The following are suggestions for graded exposure to food:



<b>Touch it</b>	
<b>Smell it</b>	
<b>Lick it</b>	
<b>Put it in your mouth</b>	
<b>Suck it</b>	
<b>Bite it</b>	
<b>Chew it</b>	
<b>Swallow it</b>	