

Tips for Picky Eaters

My child will not eat new foods

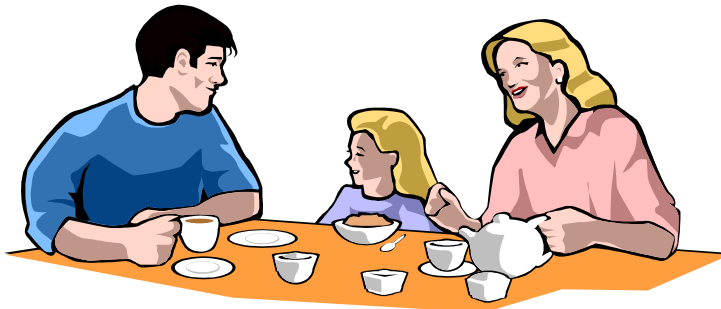
- Offer one new food at a time along with other foods they like.
- Give them a small amount of the new food. You may need to offer it 5-10 times before they will eat it.
- Let your child try all kinds of foods, even the ones you don't like!
- Remember you're the parent. Be the boss, and set table rules.
- Be a good role model. Your child learns from watching you eat.

My child only wants to eat one kind of food.

- This is normal at this age. Let them eat what they want, if it is a healthy food.
- Encourage your child to take just "one small bite".
- Let your child see you trying new foods.
- When your child tries a new food, praise them, even if they spit it out.

My child will not eat what I serve. They always want something else.

- Sometimes parents rely on unhealthy "kid food" such as hot dogs and chicken nuggets to get their child to eat.
- Try to have at least one food they like at each meal.
- Get your child to go grocery shopping with you.
- Let your child help with simple cooking tasks. Children like to eat foods they help to prepare.



Other Tips

- Make sure they don't fill up on milk, juice, or sweet drinks between meals.
- Don't force it. Forcing your child to eat teaches overeating.
- Don't reward your child with junk food or sweets to get them to eat. Offer healthy snacks when hungry
- Young children are smart eaters. They eat when they are hungry and stop when they are full.

Remember: Don't worry if your child skips a meal sometimes. They will make up for it at the next meal and be a lot more hungry.