

# 4 STEPS TO HELPING PICKY EATER CHILDREN

Many children are more or less picky about food. To them, all food is new! Use these steps to help your child eat new foods.

## 1 Use the Division of Responsibility

- Parents plan 3 meals with 3 sit-down snacks
- The child decides how much and which of the food offered to them to eat
- Ensure all of the child's care takers are aware of these meal and snack times

## 2 Create Good Mealtimes

- Family meals with no TV, games, or toys
- All family members should eat the same foods as the child - don't make special food for your child
- Offer 1-2 foods that your child does like, and include new foods as well.
- Create mealtime rules - no whining or saying "yuck", we always say "please" and "thank you" or "no thank you"
- Have older children be a role-model for the younger children by setting an example of trying new foods
- Talk with your children about what they did at school and not about the food

## 3 Avoid All Types of Pressure

- Avoid rewards, bribes, special meals, playing games, or warning them that they will be hungry
- Don't sneak disliked food into sauces or smoothies, let them choose the foods they will eat

## 4 Include Your Child

- Have your child pick 1 fruit and 1 vegetable at the grocery store that they will eat that week
- Include your child in the cooking of meals by having them mix, scoop, or stir food.

