

## Picky Eaters

Let's talk about picky eaters! Are you struggling with a picky eater?! Here are some tips that could help:

- 1) Be creative with the food you offer your child- The more appealing the food looks, the more chances are that they will eat it. You could use different shaped cookie cutters to food into fun shapes.
- 2) Be a good food role model- Believe it or not, your children are truly impacted by your food choices. Children usually learn about food and food preferences by observing the eating behaviors of others. Research states that children are more likely to accept new foods, when others around them are eating the same food as well.
- 3) Get your children involved with preparing the meals- Little ones can help you prepare meals too! Have your little one assist you with pouring, measuring or stirring ingredients!
- 4) Have PATIENCE – Patience is key when dealing with a picky eater.
- 5) Make meal times fun- Have your little one choose their own plate, or bowl they want to eat out of, and encourage them to feed themselves. By doing this, they will feel more in control and enjoy eating.
- 6) Keep meal times short – Keep meal times to 10-15 minutes. When your child starts to indicate they are finished eating, let them get up. DO NOT force your child to eat, this could make them dislike meal times.

If you are a parent or caregiver currently dealing with a picky eater, know that you are not alone! Many parents struggle with getting their children to try new foods, and the process can be challenging.

Though dealing with a picky eater could be extremely challenging and frustrating, ALWAYS remember to keep calm. You could try to use some of the tips mentioned above. With the correct approach your child will grow to accept and enjoy several different types of food over time.

By: Areeba Sultan (Home Visitor)

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