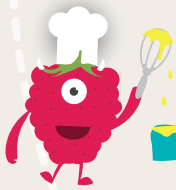


SIX TIPS FOR FUSSY EATERS!

1 EXPOSURE

Children learn to like what becomes familiar to them, therefore continuing to offer the rejected foods is key to success! Completely stopping these foods will only reinforce to the child that they don't like the food.



3 BE A POSITIVE ROLE MODEL

Children learn by example. If you tend to be picky around food or don't eat together then your child will not see that it is normal to eat a varied diet. Try to use positive language around food, even if you dislike certain foods try not to project these views around mealtime.

4 OFFER FOOD IN DIFFERENT FORMS

Preparing food in different formats can affect the flavour and texture. Just because your child doesn't like cooked carrots doesn't mean they will not enjoy them raw. Experiment with cooking methods to add variety and interest.



6 THINK DRINKS

Many children prefer to drink filling drinks which if consumed regularly throughout the day can leave them feeling quite full – meaning there will be less room for food. By limiting the amount of drinks (other than water) your child has should encourage their appetite and teach them that if they

2 CREATE MEALTIME STRUCTURE



Having a routine around eating times can be very useful as it allows the child to know what to expect and when, therefore making events around food times far more predictable.



5 TWO SNACKS MAX

If a child is able to graze throughout the day they are unlikely to want to eat their dinner. Snacking between meals can also be less nutritious. For this reason; we recommend 'two snack max' – that's one mid morning and one mid afternoon. This is also a good opportunity to encourage new things.