

Helping a Picky Eater



Picky eating

- Some children are naturally more sensitive to taste, smell, and texture.
- Others model their parents' eating habits.
- Eating behaviors can develop when parents punish, bribe, or reward their children.

Presenting food

- Serve new foods with foods the child likes
- Cut foods into interesting shapes
- Offer a variety of foods



How to help



- Some foods may need to be presented up to 10-15 times
- Allow children to help during meal preparation
- Limit snacks and drinks to promote appetite
- Have family meal time with no screens
- Avoid fighting over food if child is refusing to have a meal
- Allow children to make choices about the foods they want to try
- Model eating behavior that is healthy and has variety



Things to remember

Picky eating is common during childhood and can be frustrating as a parent. It is important to remember that children are able to recognize when they are hungry or full. As long as healthy food is being offered a parent's job is being done.

