



Tips For Feeding Your Picky Eater



Children eat best when...

The caregiver decides:

What

When

Where

- Offer a variety of nutritious foods
- Serve the same foods to the whole family
- Be mindful of likes and dislikes, but don't cater
- Serve meals and snacks at the table without distractions
- Have meals and snacks at set times each day - avoid grazing in between



The child decides:

How Much

If



- Children listen to their hunger and fullness cues to decide *whether or not* to eat the meal or snack, and *how much* to eat from the foods offered
- Children will trust their body and eat the right amounts they need

TOP TIPS



Make Mealtime Family Time

Eat together as often as possible.

Patience Works Better Than Pressure

Keep mealtimes relaxed and pressure free. Avoid praise, rewards, bribes or punishment.

Get Them Involved

If children are involved in helping prepare a meal, they'll be more likely to want to eat it.

Meal and Snack Routines Are Important

Offer meals and snacks every 2-3 hours and only offer water in between. This helps them know when to expect the next meal or snack, as well as come to the table hungry.

Focus on Positive Role Modelling

Serve the same foods to the whole family and talk positively about food.

Explore Food Using Our Senses

This takes some of the fear or pressure off of trying new foods and gets them more comfortable and curious.

Try, Try Again

Even if they've refused a food in the past, continue to offer it without pressure. It can take up to 15 or more times for a child to be exposed to a new food before they accept it!

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