

C-7 How To Cope With Your Picky Eater



A picky eater will eat just a few foods and is not ready to try new foods. Almost every child goes through a stage like this. It is not easy for parents, especially if the child's growth slows down.

What Makes a Child Picky?

- Some really do not like the taste or texture of certain foods.
- Some are going through a stage of wanting to be more independent.
- Some want the extra attention they get by being picky.

Will Your Child Outgrow This?

Most children will learn to like a wide variety of foods and stop being so picky.

- Keep calm and provide healthy foods at regular meal and snack times.
- Let your child eat without too much pressure.

What Can You Do?

Expect that your child will use food to try to get some control.

- Place a small amount of food on the plate. Your child can always request more.
- Plan and offer three healthy meals and snacks a day.
- Offer a variety of foods. Allow your child to eat as much or as little as she wants, but don't make separate meals.



What Can You Do?

- Prepare your child for meal time by:
 - Asking him to wash his hands
 - Asking him to help you prepare the food
 - Asking him to set the table
- Offer new foods alone or with favorite foods.
- Offer drinks at the end of the meal.
- Be a good role model.

Be Positive!

Talk, laugh, and share stories at meal times instead of begging, fighting, threatening or bribing. Make mealtimes relaxed and fun.



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