



# Tips for parents of fussy eaters

Here are some tips to help your child if they are a fussy eater. Choose the tips that will work best for your child, every child is different.

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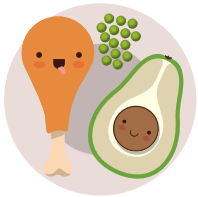
Take a step back and stay calm, children pick up on their parents/carers stress. Don't watch them eat and don't plead with them to try new foods.



Offer new foods without pressure. Make a list of your child's favourite foods. At mealtimes offer them food they will enjoy and offer one new food.



Mix up mealtimes. Try different types of mealtimes, for example, indoor or outdoor picnic, a buffet or a tea party. This brings back fun and takes away stress and anxiety.



Make food fun. Arrange the food into a face, tell stories about the food, and give food fun names, for example Cowboy Chicken.



Get children involved. Let children help prepare their meals. They could choose the vegetables that go with the meal, measure the milk or sprinkle in herbs.

They will have fun with you and see different ingredients. Ask them to feel, smell and even lick new foods.



Give less snacks, milk and sugary drinks between meals. Children are more likely to eat if they are hungry. Drinks should be water if possible.