

Is Your Child a Picky Eater?

Try These Suggestions!

A picky eater wants to eat only a few foods and refuses to try new foods. This is a stage many children go through, but that doesn't make it any easier. Don't worry; this can be a normal part of growing up. Relax about your child's eating and try some of these suggestions.



I am having this problem:

He will not eat new foods.

Some suggestions:

- Offer one new food at a time along with foods that he does like.
- Give a small amount. If he does not eat it, offer it again at another time. You may need to offer it many times before he will eat it.
- Let him try all kinds of food; even foods you don't like.

She will not eat what I serve her and asks for something else.

- Try to have at least one food she likes at each meal along with other foods.
- Let her help with shopping and making meals. Children like to eat food they help choose and prepare.
- Offer her two different choices and let her pick the one she wants to eat. For example, ask "Would you like carrots or broccoli with dinner?"
- Try not to jump up and make whatever she wants. Remember if she doesn't eat the meal or snack, there will be another one in a few hours and she should be able to wait until then.
- Serve her the food; but let her decide whether or not to eat it. Forcing her to eat certain foods may teach her to not like those foods.

TIP: *Let her help with shopping and making meals. Children like to eat food they help choose and prepare.*



I am having this problem:

Some suggestions:

He does not want to eat at all.

- That's okay. As long as your child is growing normally don't worry. Maybe he just isn't hungry.
- Offer another snack or meal every 2 to 3 hours.
- Be sure to have him sit at the table with the family so that he can see others eating and enjoying the food.

She only wants to eat one or two kinds of foods.

- This is normal at this age. Let her eat what she wants as long as it is a healthy food.
- Offer her other foods, too. After a few days, she will probably try other foods.

He does not eat much and sometimes skips meals.

- Remember, it is normal for children to eat less after their first year because they are not growing as fast now.
- Do not worry if he skips an occasional meal. He will make up for it at the next meal.
- Children are smart eaters. They eat when they are hungry and stop when they are full. Let him decide when he has had enough.

All she wants to eat is soda, chips and junk foods and will never eat a meal.

- It's alright for her to eat junk foods every once in a while, but it is your job to limit how often you give these foods to her. Keep these foods out of the house and out of sight.
- Set a good example by eating healthy foods with your child and staying away from junk food.
- Always eat with your child. You are the most important role model!

