

TIPS FOR HELPING YOUR PICKY EATER

1

IMPLEMENT THE DIVISION OF RESPONSIBILITY

You (the parent) are responsible for deciding what and when food will be served. The child is responsible for deciding if they will eat it. This removes pressure from the parent and child, and provides a calmer, low-pressure environment to eat new foods.

2

STICK TO A ROUTINE

Help your child know when to expect to eat every day by establishing a routine for meal and snack time. If a child chooses not to eat a meal or snack, they will know one is coming later. This helps them regulate hunger and avoid snacking all day long.

3

OFFER, OFFER, OFFER, THEN BE PATIENT

Keep offering small portions by making them available often. It can take MANY times of offering a food for a child to engage with or eat it. This is normal. Be patient and don't pressure them.

4

GET YOUR CHILD INVOLVED

Kids are more likely to eat something they helped prepare, cook, or know about. Gardening, cooking, baking, or even simply washing produce can be a great way to help your child develop a healthy relationship with food.

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5

OFFER NEW FOODS WITH WELL-LIKED FOODS

Offer new foods in small quantities along-side well-liked foods. This makes the meal less "scary" and overwhelming, and more comfortable for a child to explore new foods.

6

DON'T BE A SHORT ORDER COOK

Don't submit to your child's demands for different foods. Remember the division of responsibility and routine. There will be another chance to eat at the next meal or snack if they choose not eat what you made.

7

DON'T REWARD WITH FOOD

Rewarding behaviors with food puts certain foods on a pedestal. Children react to this by wanting more of it. This can lead to overeating these foods when allowed them or cause problems in the future with disordered eating habits.

8

SEEK HELP IF YOU NEED IT!

Some children have stronger aversions to food or feeding problems beyond just normal "picky" eating. Seek help from your child's pediatrician, feeding therapist, and/or dietitian. Also check out @feedinglittles, @kids.eat.in.color and @mama.and.me.rd on Instagram for great resources.