



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Is Your Child a Picky Eater?

Children are naturally picky eaters. They are learning about new foods, what they like and don't like. Some are extra cautious about new foods. Some are picky when new foods are pushed on them.

What is normal eating at this age?

- 🍏 Liking a food one day but not the next.
- 🍏 Not eating much at times.
- 🍏 Tasting a new food and taking it out of their mouth.
- 🍏 Seeing a new food many times before trying it.

What is picky eating?

- 🍏 Only eating favorite foods.
- 🍏 Getting upset when seeing a new food.
- 🍏 Whining or crying at the table.
- 🍏 Worrying about eating away from home.



Tips for feeding preschool children

Remember that you and your child each have responsibility in a healthy diet.

Parents are responsible for what, where and when of feeding; children are responsible for how much and whether to eat.

The following tips can help you both with your responsibilities.

- ù **Have meals.** Family meals when possible. These should be about the same time every day. Snacks should be sitting-down snacks time at set times instead of waiting for your child to complain of hunger. Young children need to eat about every two to three hours.
- ù **Eat with your child.** Eat the same foods and be good company. Talk about pleasant things. Don't watch TV or talk on the phone.
- ù **Let him serve himself** and eat his own way-fast or slow, a little or a lot, 1 or 2 foods or a small amount of all choices.
- ù **Teach your child to behave nicely at the table by:**
 - Each doing your jobs, you decide what, where and when; your child how much and whether to eat.
 - Be child-friendly with feeding but don't cater. Provide several choices of foods but don't get something that's not on the table.
 - Have the table be pleasant. Include your child in the conversation.
 - Teach your child to turn down food politely-"yes, please" and "no, thank you"
 - Give encouragement. But don't insist that your child eat. Excuse him when he is done

