

Go to's for

FUSSY EATING



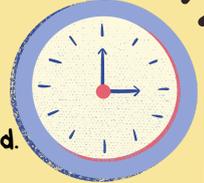
Meal times can be a stressful part of the day for many families.

Trying to ensure our children eat a healthy varied diet isn't always as easy as it sounds, and can be exhausting! We at Parentline have put together some helpful information on fussy eating and mealtimes to support you support your child.

If you want to explore this further do get in touch on 0808 8020 400.

Daily Routine:

Try to stick to a consistent routine. Structure meal times to your fit your families schedule and keep kids involved.



3 meals per day (Breakfast/lunch/dinner.)
Plus 2/3 snacks per day

Watch out for Pester Power! Calmly and clearly remind your child when the next meal or snack time is and distract them with something else until then.

Variety is KEY!

Children are very visual- Use colours and shapes. Eat the rainbow!

Do not make a fuss if they refuse to eat - this is a normal part of growing up. Be persistent - it takes on average approx. 20 times before a child accepts a certain food.

What they don't like this week, they may love next week!

Aim to continue exposing new foods to allow acceptance and build on that relationship.

Avoid foods that require too much chewing.

Also, remember foods can be used in different ways i.e. eggs can be scrambled, used in an omlette or poached. You can also add cheese/milk to mash potato, blend vegetables into sauces for spaghetti Bolognese, pizza sauces etc..



Meal Times...

Involve your children, the more they help, the more they're likely to eat it.

Let them set the table, wash/cut the vegetables, tailor this to their age.

Allow them to help choosing the food-for example "for our vegetables we can have broccoli or sweetcorn, you pick?" Parent maintains the choice boundaries but giving over some control can be powerful.

Be Patient. Tension & stress can lead to food refusal.

Try eat together as a family as much as you can with the same meal.

Children don't like pressure, so don't force them or they will refuse.

Allow 20-30 minutes for eating.

Be a good food role model. Sometimes seeing what others eat will encourage children to try new foods.

Allow them to feed themselves.

*Keep distractions to a minimum- no tv, phone/tablets.



Try this...

Use your imagination - cookie cutters can make shapes with rice, toast, sauces...

Tell a story relating to your picture, see if your child can come up with one.

Involve your children.

Make homemade pizzas, pancakes, smoothies, or even blend fruit with yoghurt and freeze to serve as ice lollies... Experiment and HAVE FUN!

Try using children's cook books allowing them to choose meal ideas.