



Top Tips



for Picky Eaters



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Educate your child about healthy eating, they will learn to embrace vitamins and seek out the foods that will help them grow big and strong.

Remember the power of positive and negative attention. Your child will be very motivated by how much attention they are getting- even if it is negative. Give lots of praise for eating well and try not to make a fuss when they mess around.



Let your children have (some) control over what they eat. Feeling that they have no control is a big problem for children and they will push back against this. By giving them limited choices over some things, you can remain firm on others without a battle.

Get them involved. Plan meals together, go shopping and let them choose their vegetables, get them involved in preparing their meals and give them the responsibility of serving their own food up. All these things will bring them on board with what you are cooking.



Relax a little. Healthy food is only healthy if they eat it! If a tomato pasta sauce needs a *tiny* bit of sugar to make it more palatable then it won't hurt, if they want to dip their broccoli in some ketchup where's the harm really?

Make mealtimes sociable. Eat together, or invite a friend for tea who you know is a good eater. Make lots of enthusiastic yummy noises and give those who are eating well lots of praise.



Make food fun. Use cutters to make different shapes, have a 'pirate day' where you eat with your fingers, make funny faces with the vegetables, give foods funny names. Think about what motivates or interests your child and use it!

Try meals they can compose themselves such as baked potato with a choice of fillings (my children will eat anything when they have put it in a wrap and sprinkled cheese on top!)



Limit snacking between meals. It is hard when you are worried about how much they have eaten but letting them fill up on snacks (even healthy ones) between meals will just make them less inclined to eat at meal times.

Try a reward chart. This could be to reward trying a new food, eating one of their 5 a day, or sitting nicely through a whole meal. The treat at the end of the week could be to choose their favourite tea at the weekend.

