

Tips for Dealing with Picky Eaters

- Offer a variety of foods at every meal
- Always offer a “safe option” (a food you know your child likes)
- Encourage them to try the new foods but do not force them
 - Ask them to take at least 2 bites, and then if they don’t want anymore its okay
- Set a good example. Eat a healthy variety at every meal
- Don’t cook a special meal just for them that is separate from what the rest of the family is eating
- Preparing foods differently, presenting them in fun ways like in shapes with cookie cutters can make food be more appealing.
- Take your child grocery shopping. Ask them what they are willing to try
- Allow them to help with meal prepping and serving
- Check out our Amazon store for these fun and interactive plates that help with picky eating by encouraging small bites along the way for a treat at the end! Usually it helps to put the safe food every other or every few so that they know something the like is coming soon! Ask for 1 or 2 bites of each square to start and then increase as time goes by!

Mealtime does not have to be a battle. Talk to us about all your mealtime problems. We are happy to help! 😊