

A Guide To Living With Selective Eaters

It may not seem possible now, but your child won't always be a picky eater. Strange eating habits are just a passing phase. Don't give up! Try these helpful hints to make meal times more enjoyable.

My Child Skips Meals and Doesn't Eat Very Much

- *Children are smart eaters.* They eat only when hungry and stop when they're full. Don't worry if your child skips a meal, they'll make up for it at the next meal.
- *Listen to your child.* They'll tell you when their tummy is full.

My Child Won't Try New Foods

Let them try new foods several times. It may take as many as 15 exposures to a new food to see if they like it.

To introduce new foods:

- Arrange new foods nicely on the plate.
- Give new foods at the start of the meal.
- Serve new foods with their favorite foods.
- Serve a small portion to begin with.
- Serve the new food again, at another meal.

My Child Wants the Same Food at Every Meal

- Let your child help you with cooking and preparing the meal. This may help them to learn to like new foods.
- Choose 1 meal or snack time when they can have their favorite food. If your child won't eat what is served:
- Let them down from the table and give them water until snack time.

My Child is Never Hungry at Meal Times

This usually results from having too large of a snack too soon before dinner.

- Serve snacks 1 1/2 - 2 hours before meals.
- Be firm with snack times. Serve snacks at the same place each time. TV snacking is a bad habit.

If you have any further questions, a Reliant Medical Group Nutrition Education Specialist is available to help: call 1 (508) 852-6175 or 1 (888) 392-0183