

# Tips for Picky Eaters

It's healthy for your child to try new foods. But lots of kids are picky eaters. This is normal. Don't force your child to eat. It may take your child some time to get used to new foods.



## Here are things you can do to make meals easier:

- **Eat meals and snacks** at the same time every day.
- **Eat together** as a family as much as you can.
- **Avoid distractions** when you're eating. Turn off the TV, games, or phones.
- **Give your child the same new food many times.** It can take up to 20 tries for your child to eat a new food.
- **Eat and cook different types of foods** with your child. Children learn from and copy their parent's behavior.
- **Avoid giving your child drinks** (except water, this is ok) in between meals.
- **Give your child new foods with a food** your child already likes.
- **Put a small amount of each food** in a meal onto your child's plate. Let them to choose what they would like to try.
- **Include your child** when you grocery shop and cook new foods.
- **Tell your child** about how each new food can help their body. You could say, "Milk helps you grow taller" or "Carrots help you see better in the dark."
- **Play with your food!** Make smiley faces or animal shapes with food. This can help your child feel more comfortable trying new things.





**Use this chart to know what everyone's role is at meal times.**

Adult	Child
Chooses food and makes food	Chooses what foods they will try
Shows children how to behave	Learns from their parents
Makes and sticks to regular scheduled meal and snack times	Eats until they are full
Takes away distractions like TV or phones	Doesn't watch TV or use phone
Makes mealtimes fun	Has fun at mealtimes

**Talk to your CHN nutritionist to learn more!**