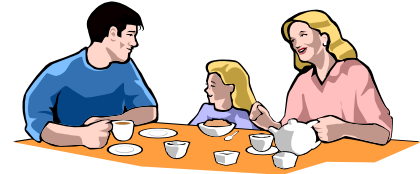




## Picky Eaters



- Is your preschooler unwilling to try new foods?
- At times will your child eat only 1 or 2 foods?
- Does your child refuse to eat a food because of the way it looks or feels?

You can help your child get through phases of "picky eating."

- Try to make mealtime enjoyable for the family. Keep the conversations positive.
- Children are more likely to eat foods they help choose at the store and help prepare in the kitchen. Simple tasks like mixing, mashing, and measuring foods encourage your child to want to taste the foods they helped to make.
- Offer a **variety** of foods at mealtime and include at least one food you know your child enjoys eating.
- Do not cook special foods just for your preschooler. Offer the same foods for the whole family. It is OK if your child does not eat everything offered to them.

POSITIVE Phrases to help your child have healthy eating habits\*

Instead of... "You're such a big girl; you finished all your peas."

Try... "Is your stomach telling you that you're full?"

Instead of... "You have to take one more bite before you leave the table."

Try... "Has your tummy had enough?"

Instead of... "See, that didn't taste so bad, did it?"

Try... "Do you like that?"

Instead of... "No dessert until you eat your vegetables."

Try... "We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?"

Instead of... "Stop crying and I will give you a cookie."

Try... "I am sorry you are sad. Come here and let me give you a big hug."

\*Adapted from MyPyramid.gov; "For Preschoolers (2-5yrs)"; "What You Say Really Matters?" in *Feeding Young Children in Group Settings*, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho.