

positive parenting guide to PICKY EATING

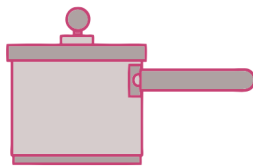
15

IT CAN TAKE 15+ TIMES BEFORE A TODDLER WILL TRY A NEW FOOD

30

LIMIT MEALTIME TO 30 MINUTES IF A CHILD IS REFUSING TO EAT

have fun with food



INVOLVING CHILDREN IN SHOPPING & COOKING MAKES THEM MORE LIKELY TO TRY NEW FOODS



SERVE FOOD IN DIFFERENT WAYS, CUT INTO CREATIVE SHAPES, AND SERVE WITH NEW & DIFFERENT DIPPING SAUCES

child's responsibility

THEY DECIDE AND COMMUNICATE WHEN THEY ARE FULL

SAYING "NO THANK YOU" INSTEAD OF CRYING OR SCREAMING AT NEW CHOICES

TRYING NEW FOODS WHEN READY

parent's responsibility



WHAT TO SERVE

BE MINDFUL OF A CHILD'S PREFERENCES

CHOOSE A VARIETY OF FAMILIAR & NEW FOODS

WHEN TO EAT

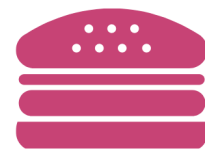
DEFINE TIMES FOR 3 MEALS AND TWO SNACKS DAILY

SAY NO TO ALL DAY GRAZING & SNACKING ON DEMAND

WHERE TO EAT

DESIGNATED SPACE FOR MEALS

REDUCE & AVOID MEALTIME DISTRACTIONS LIKE SCREENS



IDENTIFY THE DIFFERENCE BETWEEN YOUR CHILD EXPRESSING AN OPINION AND YOUR CHILD BEING STUBBORN

NOBODY LIKES ALL FOODS AND REMEMBER JUST BECAUSE YOU WANT THEM TO LOVE IT, DOESN'T MEAN THEY WILL