

Supporting Fussy Eaters



A happy and relaxed meal time reduces stress levels and helps children to develop good eating habits.

Try varying the way foods are prepared e.g. cooked, raw and crunchy, grated.



Don't assume a child dislikes a food. You may need to offer a new food up to **15** times for children to accept it!



Growing fruit and vegetables is a fun way for children to learn about food.



Role model by eating and enjoying a range of healthy foods yourself.

- X Don't use food as a bribe or reward.
- X Avoid grazing through the day. Have a predictable meal and snack routine.
- X Don't make mealtimes a battleground. Mealtimes should not be associated with stress.



Children love to help with food preparation!



Artwork: 'The Heart of a Child'
Worimi Artist Lara Went

