



Supporting fussy eaters for families



A **happy and relaxed mealtime** 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.



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



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



Children love to help with **food preparation!**

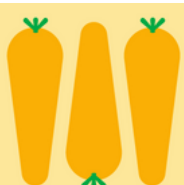
Tips



- It's best not to use food as a bribe or reward to try new foods.
- You may need to offer a new food up to **15 times** for your child to accept it!
- Have a predictable meal and snack routine.
- Respect your child's hunger & fullness signals/appetite.
- Support the child/s fullness cues by not insisting on taking one more bite.



Make mealtimes **relaxed** and **enjoyable**.





Encouraging new foods for families



Children can be **cautious with new foods** and may **need support, without pressure**, to learn to accept new foods. It is important to expose children to a **variety of food types and textures** to broaden their preferences.



- ✓ Serve a **small amount**.
- ✓ Serve **new foods with a familiar food** they like eating.
- ✓ Include **different coloured foods, interesting shapes and textures**.

15

Keep trying!!
You may need to offer a new food up to **15** times for your child to accept it.



Let your child explore new foods by **looking, smelling, touching and licking**.



Discuss the **colour, shape, flavour and texture**.



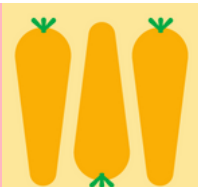
Involve your child in **choosing new foods when shopping**.



Try to **not pressure children to try new foods or have a negative reaction** if they reject the new food.



Offer a **small range** of healthy foods in the middle of the table and let your child choose what they would like to try.



'The heart of a child'
by Worimi Artist
Lara Went

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Supporting healthy choices for families



We all make choices when it comes to eating. Individual **food choices and appetites** vary significantly, especially for **children between the ages of 1-6 years**. Below are strategies you can take to support children making healthy food choices.

How to support healthy eating choices

YOU can support your child at mealtimes by deciding:

1. **What food is provided**
2. **When the food is provided**

This is particularly important for children who are exploring different foods and eating choices. This gives children access to a variety of foods and provides a regular eating routine.



Once the food is provided, your **CHILD** can then decide:

1. **If they want to eat**
2. **How much they want to eat**

Allowing children to make these choices supports their natural ability of knowing how much food their body needs and helps them learn when they feel hungry or full.

Handy hints about child eating behaviours

- Children often balance out how much they eat over a few days (e.g. if they aren't hungry today they'll likely make up for it tomorrow).
- Children may use food as a way to explore their independence (e.g. liking a food one day and refusing it the next).
- A lot of options on the plate can be overwhelming and cause children to eat less.
- To understand how much your child is eating, track their appetite over a full week rather than one day or meal.

For easy ideas and tips on packing healthy lunchboxes visit:
www.goodforkids.com.au



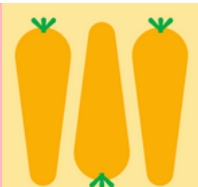
How do I tell if my child is eating enough?

If your child is happy, energetic and tracking well on their growth chart, they are likely eating enough.

What to do if you are concerned?

If you are concerned about your child's eating or growth speak with your doctor or Child and Family Health Nurse.

Good for Kids would like to acknowledge Munch & Move and the Raising Children Network (Australia) as the source of information for this resource.



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