

# TIPS FOR FUSSY EATING

- Lead by example, try to share the enjoyment of healthy food with your children.
- Expect rejection of new foods - this is normal for young children.
- Children may need to try a food up to 15 times before they accept it.
- Encourage children just to "taste". One bite will do. This is the start of learning to like new foods.
- Aim to keep trying.
- It's best not to give in with preferred foods because "they have to eat something".
- Praise efforts and try to ignore unwelcome behaviour.

**It's OK....  
remind yourself that one  
day your child is likely to  
eat a whole range of foods  
and enjoy them!**



## It's best that:

- **The adult decides what types of foods are offered, and when.**
- **The child decides which foods to eat, and how much to eat, from the choices provided.**

## Try not to:

- **Bribe children with the promise of a food reward**
- **Insist they eat everything on the plate**

