

Our Top 5 Tips for Encouraging New Foods



1 EAT TOGETHER, WHEN YOU CAN

When offering a new food to your child, try to sit and eat the same food with them. Let them see you being a role model and enjoying healthy foods on a regular basis.



2 KEEP MEAL TIMES RELAXED: TAKE THE PRESSURE OFF

If your child is refusing to taste a new food, say something like “Just have a try, its yummy”.

If your child still doesn't want to eat, calmly say “OK, we'll try it another time when you're hungry”.

3 PRAISE FOR TRYING

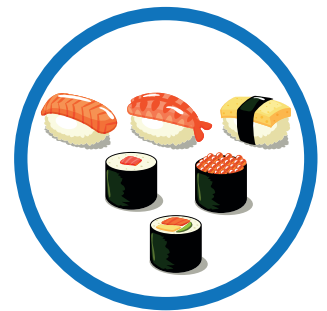
Even if they say they don't like it, the behaviour to encourage is “trying”.

4 OFFER NEW FOODS WITH FOODS THAT YOUR CHILD ALREADY KNOWS AND LIKES

Offering new foods one at a time will help your child feel more at ease, and because they've eaten “something”, you know that they won't be going hungry.

5 KEEP OFFERING NEW FOODS

It can take 10-15 tries for children to accept and enjoy new foods. If they ask why a food is being served again that they don't like, let them know- “it's normal to change your mind about liking a new food- it's there just to try”.



INSIDER TIP - TRYING NEW FOODS AT CHILDCARE

Children often eat foods at care that they won't eat at home- especially if their friends are eating it. Why not ask staff what kind of healthy foods their best friend likes to eat? Let childcare staff know you've packed a new special food to try- they'll be happy to lend their support.

