

ONE MINUTE GUIDE

Tips to cope with fussy young eaters

- ❖ Eat your meals together as a family if possible
- ❖ Give small portions and praise your child for eating, even if they only manage a little
- ❖ If your child rejects the food, don't force them to eat it. Just take the food away without comment and try to stay calm
- ❖ Your child may be a slow eater so be patient
- ❖ Don't give too many snacks between meals
- ❖ Try changing the form a food comes in - for example, try cooked carrots instead of raw or grated carrot