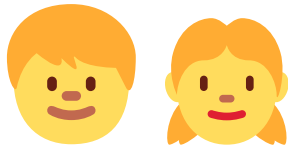


SUPPORTING A

FUSSY EATER



1



Food refusal is common among toddlers and considered a normal part of their development

2



Every child will be different in the range of foods they accept and in their attitudes towards trying new foods

3

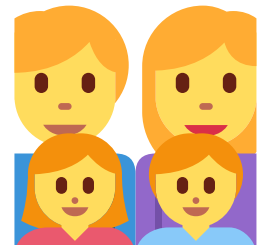


It's important for children to have a good meal and snack routine. Offer 3 main meals and 2-3 healthy snacks each day. Try to offer meals and snacks at similar times each day

4

Eat together!

This is a good chance for children to see family members, practitioners, and other children eating. This role-modelling can encourage children to try the food themselves



5

Try to make sure that mealtimes are calm, relaxed, and enjoyable. If children feel pressure to eat, it can make them feel anxious and less willing to eat the food you have prepared

6



Try not to worry if children don't eat everything on their plate. With a good meal routine in place, they will have lots of opportunities to try foods across the day at meal and snack times

7



Mealtimes should last around 20-30 minutes as children can eat as much as they need in this time. Long mealtimes may cause boredom and frustration for both you and your child

8



Avoid using distractions, such as TV, phones, and toys, to encourage children to eat. A social mealtime where children are engaged is much more encouraging

9

Praise children for positive mealtime behaviours, such as sitting nicely at the table or good chewing. This will help to reinforce good behaviour and encourage children to repeat it



10



While it's good to reward children for positive behaviours, avoid using food as a reward. Instead you could try some of the following ideas:

- Playing their favourite game
- Picking a story to read
- Visiting the park or a place they like

11



If children refuse to eat the food on offer, or if they only eat a little of it, it's best to avoid offering alternatives.

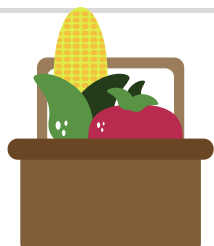
Otherwise, they may continue to refuse family foods as they know they'll be given something different

12



Expose children to a wide variety of nutritious foods. Consider the availability and exposure to unhealthy foods.

You may need to consider what you buy and the choice of foods prepared at home



Let children help prepare foods, set the table, and even shop for ingredients. They are more likely to try foods if they are involved!

13

14

Make meals and snacks appealing by arranging food in different shapes and using different colours. If food looks exciting, children will be encouraged to try it



15



Keep trying and don't give up! It can sometimes take 10 tries or more before children decide they like some foods. Perseverance is key!

What to do if you're concerned

If you are concerned about your child's eating and drinking, seek advice and support from:

- ✓ A health professional such as your GP or Health Visitor
- ✓ The NHS website
- ✓ The Child Feeding Guide website
- ✓ Early Start Nutrition Parent's Page

