



## Picky Eaters

It is normal for children to be choosy eaters, but picky eating can make mealtimes tough. Remember that as a parent, you decide which foods to serve, and when and where to serve them. Allow your child to choose how much food they eat and whether they eat a certain food offered. This can help make mealtimes more pleasant. See the tips below to help with mealtime struggles:

### **Do not be a short order cook!**

- The whole family should eat the same foods. Your child will learn to like more foods by being exposed to them. Over time they will learn to eat and enjoy what you eat.

### **Get rid of distractions.**

- Turn off the TV, sit down as a family and enjoy each other's company.

### **Offer familiar foods with new foods and keep trying new foods.**

- Even if your child won't eat a new food the first time, keep offering it. It can take a child many tries before they accept a new food. As a child gets older, try foods again that they may not have liked before. Tastes can change over time.

### **Avoid using food as a reward or punishment or bribing your child to finish his or her meal.**

- This teaches your child that certain foods are better or worse than others. You want your child to enjoy all foods. Eating should be pleasant, not a duty or a chore.

### **Involve your child in shopping for food and making meals.**

- Children who help choose and prepare their food are more likely to eat it.

### **Be a positive role model.**

- Eat a variety of healthy foods. Do not expect your child to eat a food if you're not willing to try it first.

For more information to help with mealtime struggles, please visit:

[http://www.caringforkids.cps.ca/handouts/when\\_your\\_child\\_is\\_a\\_picky\\_eater](http://www.caringforkids.cps.ca/handouts/when_your_child_is_a_picky_eater)

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

