

# Supporting fussy eaters for families



A **happy and relaxed mealtime** reduces stress levels and **helps children** develop **good eating habits**.



Try varying the way **foods are prepared**, for example cooked, raw and crunchy, grated.



**Role model** by eating and enjoying a range of **healthy foods** yourself.



**Growing fruit and vegetables** is a fun way for children to learn about food.



Children love to help with **food preparation**.

## Tips

- It's best not to use food as a bribe or reward to try new foods.
- You may need to offer a new food up to **15 times** for your child to accept it.
- Have a predictable meal and snack routine.
- Respect your child's hunger and fullness signals/appetite.
- Support your child's fullness cues by not insisting on taking one more bite.



Make mealtimes **relaxed** and **enjoyable**.



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by Worimi Artist  
Lara Went

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# Encouraging new foods for families



Children can be **cautious with new foods** and may **need support, without pressure**, to learn to accept new foods. It is important to expose children to a **variety of food types and textures** to broaden their preferences.



- ✓ Serve a **small amount**.
- ✓ Serve **new foods with a familiar food** they like eating.
- ✓ Include **different coloured foods, interesting shapes** and **textures**.

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Keep trying.  
You may need to offer a new food up to **15** times for your child to accept it.



Offer a **small range** of healthy foods in the middle of the table and let your child choose what they would like to try.



Let your child explore new foods by **looking, smelling, touching and licking**.



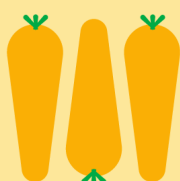
Discuss the **colour, shape, flavour** and **texture**.



Involve your child in **choosing new foods when shopping**.



Try to **not pressure children to try new foods or have a negative reaction** if they reject the new food.



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# Supporting healthy choices for families



We all make choices when it comes to eating. Individual **food choices and appetites** vary significantly, especially for **children between the ages of 1 to 6 years**. Below are strategies you can take to support children making healthy food choices.

## How to support healthy eating choices

**You** can support your child at mealtimes by deciding:

1. **What food is provided**
2. **When the food is provided**

This is particularly important for children who are exploring different foods and eating choices. This gives children access to a variety of foods and provides a regular eating routine.



Once the food is provided, your **child** can then decide:

1. **If they want to eat**
2. **How much they want to eat**

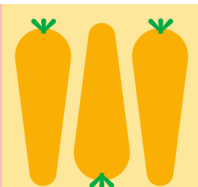
Allowing children to make these choices supports their natural ability of knowing how much food their body needs and helps them learn when they feel hungry or full.

## Handy hints about children's eating behaviours



- Children often balance out how much they eat over a few days. For example, if they are not hungry today, they'll likely make up for it tomorrow.
- Children may use food as a way to explore their independence. For example, liking a food one day and refusing it the next.
- A lot of options on the plate can be overwhelming and cause children to eat less.
- To understand how much your child is eating, track their appetite over a full week rather than one day or meal.

Good for Kids would like to acknowledge Munch & Move and the Raising Children Network (Australia) as the source of information for this resource.



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