

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**.



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

