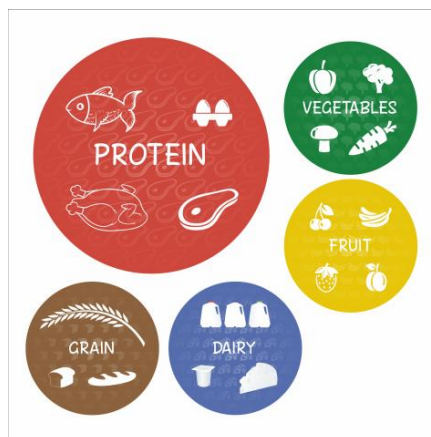


Tips for Parents regarding Fussy Eaters



- Give them small quantities
- Eat with them and make it a sociable time
- Keep calm and praise them for eating even small amounts
- Have set mealtimes and don't eat when your child is tired
- Don't offer lots of snacks and avoid using food as rewards (perhaps use stickers or a trip to the park instead)
- Encourage them to lick food to try it
- Cook with them
- Prepare food with them e.g make sandwiches and use cutters
- Remember not everyday requires a full cooked meal, just consider a balanced diet and give them things from each of the food groups



<https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>