

Helpful Hints for Picky Eaters

Do...	Don't...
offer water only between meals	let them fill up on milk or juice between meals
make sure the chair is at the appropriate height and feet are supported	let your child's feet dangle or let them stand or wander to eat
eat together	eat with distractions (TV, ipod, etc...)
keep mealtimes positive	low stress, no anger or punishments
let them choose how much they eat	make them clean their plate
ignore tantrums and bargaining	give rewards, bribe, or bargain to get your child to try something or eat
have at least one preferred food and one non-preferred food at every meal	don't make a separate meal for your child
let them use their hands and make a mess	clean up too soon
food crafts and food games away from mealtimes	play games at mealtime to get your child to eat