

EY 2.9

## TOP TIPS TO HELP FUSSY EATERS



- 1.** Encourage all children to eat together at meal times and make meals happy, sociable occasions.
- 2.** If children refuse a food, don't force them to eat it, but leave it on a side plate near them so they become familiar with different foods at the table.
- 3.** Offer a choice of healthy options so children feel they have some control. For example, 'Would you like carrots or pepper sticks with your snack?'
- 4.** If children don't like different types of food being 'mixed up', serve small individual portions clearly separated on a plate.



- 6.** Involve children in food preparation and mealtimes. Ask fussier eaters to serve other children and encourage them to try new foods.
- 7.** Sit good eaters next to those who are more fussy eaters.
- 8.** Don't give up: keep offering new types of food, don't get upset if food are rejected, and be a good role model when it comes to eating a whole range of foods.