



Top tips for fussy eaters



TIP 1

Make food fun not fussy

TIP 2

Give toddlers a sense of autonomy

TIP 3

Eat 'family meals' whenever possible

TIP 4

Eat the same food as your kids

TIP 5



Offer 'share plates' so your child can self-serve

TIP 6

Give your child as much control as possible

TIP 7

Turn the TV and other screens off

TIP 8

Keep mealtime calm

TIP 9

If they don't eat it, don't replace it

TIP 10

Get your kids involved - always keep it fun!



TIP 11

Don't stop offering non-preferred foods

TIP 12

If dinner is often refused, stop giving afternoon tea

TIP 13

Don't use tangible rewards to encourage eating

TIP 14

Pause to reconsider your beliefs about food and intake

TIP 15

Make sure their chair is comfortable

Need more help?

Find more guidance in our module on fussy eating

Module 6: Fussy Eaters & Nutrition ➔