DAILY MAIL (London)

**February** 23, 2016 Tuesday

ANXIOUS PARENTS AND FUSSY EATERS  
  
**BYLINE:** BY NO BYLINE AVAILABLE  
  
**LENGTH:** 163 words

WORRIED parents are more likely to have children who are fussy eaters, scientists have found.

A team of Dutch researchers studied 4,700 children born between 2002 and 2006 and analysed the state of their parents' emotional health.

Parents completed questionnaires to assess their levels of **anxiety** and **depression** mid-pregnancy and again when their **child** was three years old.

Mothers also completed a separate questionnaire on childhood **eating** patterns.

The study, published in the Archives of Disease in Childhood, found that 30 per cent of children were assessed to be fussy eaters. Mothers with **anxiety** in pregnancy and during the preschool period were more likely to have **fussy-eating** four-year-olds.

Fathers' **anxiety** in the preschool period was also related to **fussy** **eating**.

The scientists, from the MC-University Medical Centre in Rotterdam, wrote: For effective prevention of children's **fussy** **eating**, the role of parents' internalising problems should be considered.'

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