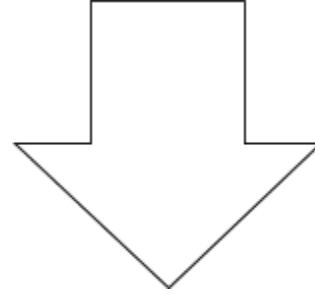
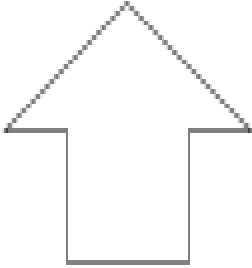


## Picky Eaters

### Division of responsibility

The caregivers decide what the meal is, when the meal is served, and where the meal is eaten.

The child decides how much, if any, they will eat.

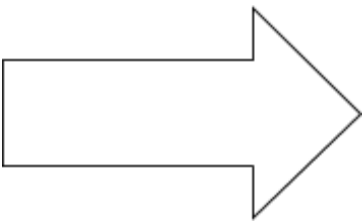
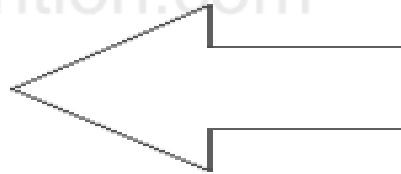


Never bribe, coerce, or force a child to eat. Not even one bite. Instead say, "This is what's for breakfast/lunch/dinner. You don't have to eat it." Do NOT make your child something different to eat.

Pedsnutrition.com

### Things to try with picky eaters

Have children pick out foods at the grocery store they would like to try  
Have your child help prepare the meal.



When introducing a new food include something on the plate that the child is familiar with and likes to eat.