

Family Food Matters

Nutrition Newsletter for Early Childhood

January 2015

Is Your Child a Picky Eater?

Understanding Picky Eating

Were YOU picky as a child? Picky eating is so common among young children. As toddlers and pre-school age kids learn to feed themselves they can become selective and fussy about what they eat. At these young ages children learn to be aware of hunger and fullness and choose food for themselves.

When feeding your children, know that parent and child each have different roles. These roles in feeding are known as “division of responsibility.” →

Following these roles can help make meals and snack times less stressful.

One other way to reduce stress? Don't make meal time a battle. If your child is growing and energetic he or she is most likely getting enough to eat.

Division of Responsibility for Feeding

Parent Decides:

What healthy food options the child will be served.

When the child will eat by planning meal and snack times.

Where the child will eat by picking meal location (ex home or restaurant).

Child Decides:

What they will choose to eat from the options provided.

How much food they will eat.

For more information visit:
www.ellensatterinstitute.org

New e-book for Kindle: "From Picky to Powerful" by Maryanne Jacobsen

Count How Many Different Foods You See!





Meet the Playful Peas!

We grow from the ground and are small, round, and green.

We have a sweet taste and are very healthy!

We like to play hide and seek in macaroni and fried rice!

Kids are more likely to try a new food that is familiar. Talk about new foods and make them available to your child several times so they can feel comfortable trying them when they are ready.

Overcoming Picky Eating

When you have a child who is a picky eater it can be a challenge. It is important to encourage but not force. Here are a few tips to help:

- **Be a good example** – Children’s eating preferences are influenced by their parents. Eating healthy, different foods with your child helps encourage them to try new things. If they see you enjoying vegetables, they will too with time.
- **Enjoy meal time** - Create a comfortable environment at meal times. To keep your child focused on the meal, avoid television and toys while eating. Compliment your child on good behavior at the table.
- **Start with new foods** - Introduce new foods early in the meal. This is when your child will be most hungry and more willing to accept the new food. And don’t worry if this takes a few tries.
- **Prepare your child for meal time** – let kids know 10 minutes before dinner is ready that it’s almost time to eat. This will help them shift focus from their activity to the



Apple Smiles (1 serving, 6 smiles)



Ingredients:

- 1 small red apple
- 1 tablespoon peanut butter (or sunflower seed butter)
- 1 tablespoon of raisins

Directions

1. Wash, core, and cut apple in half.
2. Cut each apple half into 6 slices.
3. Spread peanut butter on one side of each apple slice.
4. Place 3 or 4 raisins on top of peanut butter on one apple slice. Top with another slice and press together to make one “smile.”
5. Repeat with remaining ingredients. If there is a peanut allergy, sunflower seed butter can also be used.