

Coping with a fussy eater

Wondering how to help a fussy eater? Developing a palate takes time. So we've prepared a menu of ingenious ways to help turn your fussy eater into a food lover.

- ✧ Set regular mealtimes. Routine is reassuring for young children.
- ✧ Large portions can be overwhelming. Keep it small and offer more later.
- ✧ Use colours and shapes to make the food fun and attractive.
- ✧ Try to make mealtimes fun by letting your toddler help with meal prep or chatting with them about the colours and textures of the food.
- ✧ Be positive. Praise your toddler when they're eating well, don't criticise or punish when not.
- ✧ Try to offer new tastes gradually. One at a time and in small amounts.
- ✧ Try not to rush mealtimes as some toddlers eat very slowly.
- ✧ Try to eat together as a family. Toddlers learn just as much by watching what you do, from table manners to savouring food and trying different things.
- ✧ Encourage them to feed themselves, it might help finger foods be accepted more easily. You can deal with the mess later.

