

Fussy Eaters



Is your child a fussy eater?

Do you worry about the amount and type of food they eat?

Are they reluctant to try new foods?

Being fussy about food is a very common developmental phase but can make mealtimes very stressful! Mealtimes should be a positive experience that you can share with your child but they can pick up on your feelings of anxiety.

Here are our top tips for positive mealtimes:

- Make sure they have positive role models for meal times and snacks
- Always offer something familiar you know your child will eat at each meal.
- Give small portions. If these are finished, praise the child and offer more.
- Offer finger foods as often as possible. This gives children the opportunity to touch and feel food that they are in control of.
- Avoid lengthy meal times—it should last no more than 20-30 minutes.
- Let your child help out with any food related activities such as shopping, putting food away and preparing meals where appropriate.
- Give your child the opportunity to experience messy play activities.
- Allow your child to get messy during the mealtime and try not to clean their hands or face before the mealtime is finished.



Mealtimes with children who are fussy eaters can cause a lot of stress and anxiety, however, it is important that adults remain calm and avoid putting pressure on children to eat or drink.