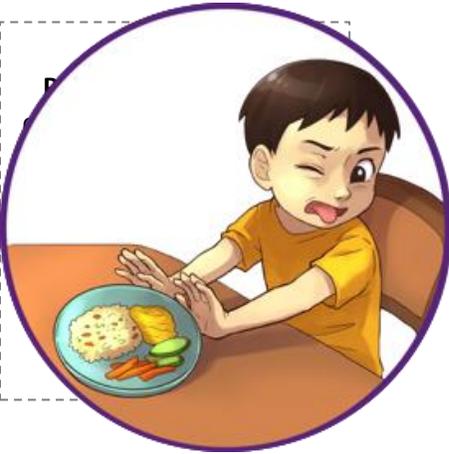




Strategies for navigating picky eaters

April



Establish regular meal and snack times

Setting aside regular meal and sit-down snack times can help children learn to notice when they are hungry and when they are full. Reducing on-the-go snacking in between meals can help children feel hungrier when it is mealtime.

Avoid pressuring children to eat

Try not to pressure children to eat by avoiding phrases such as “you have to eat this” or “why don’t you like that”? Pressuring children to eat food can lead to the development of negative associations with food and override their ability to listen to their internal hunger signals.

Create a comfortable and positive food environment

By creating a more enjoyable eating environment, your child can relax and experiment with food. Children will watch what others do, so try and model good table manners and demonstrate eating a variety of foods.

Avoid distractions

Try to enjoy meals and snacks without distractions such as TV, computers and phones. This allows children to eat mindfully and pay attention to their food and hunger signals. Removing distractions also helps to encourage interaction with others at the table!



Additional resources:

[Additional tips](#) from Dietitians of Canada

[Ellyn Satter Institute](#) provides numerous resources and tips for navigating eating habits among children

If you have any concerns over your child’s growth you can check out this [questions and answers resource](#) by the Dietitians of Canada

Seek support

from a Dietitian near you: www.dietitians.ca/find

References:

1. Is your child growing well? Retrieved from <https://pediasure.com.my/GetGrowthonTrack/clinic-listing>
2. Say goodbye to picky eating! Retrieved from <http://www.unlockfood.ca/en/articles/child-toddler-nutrition/say-goodbye-to-picky-eating!.aspx>
3. The Picky Eater. (2018). Ellyn Satter Institute. Retrieved from <https://www.ellynsatterinstitute.org/how-to-feed/childhood-feeding-problems/>