

## Why are kids “choosy” about food?

It’s reassuring to know that picky eating (being choosy) and food “jags” are normal for little kids.

★ Your child learns healthy eating habits from you:

- Eat a variety of foods yourself.
- Offer a few choices at one time.
- Offer a new food with some familiar foods.
- Do not pressure children to eat.

★ Patience helps with pickiness – sometimes a child needs to try a new food 7 to 15 times before he/she accepts it.

## Choose one to start the conversation:

- 1 How do you feel about your child’s willingness to try new foods? Is she/he ever picky about eating certain things?**
- 2 Kids love to imitate adults, so we can have a big impact on their eating. In what ways does your child seem to imitate your eating habits?**
- 3 Parents know their children best. How do you help your child to try a new food?**



Present situations as temporary. Reassure parents that children can grow out of a picky eating phase with their help.