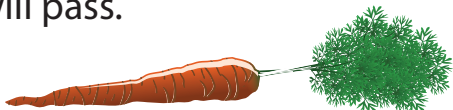


Tips to Help Your Picky Eater



Don't worry if your child refuses to eat foods they never tried before, this is normal for young children. They may be afraid of the color, shape, or the way some foods feel in their mouth. This behavior will pass.



In the meantime, make family meals enjoyable and avoid mealtime battles.



Try the following tips:



- 1) Go to the market and let your children pick some fruits and vegetables.
- 2) Prepare meals together, then have them set the table.
- 3) Cook the same meal for the whole family.
- 4) Let them serve themselves, just remind them to start with a small portion.
- 5) Encourage your children to try new foods by asking them to take at least one bite.
- 6) Don't force your children to eat if they are not willing to try something new; if you do, you could lose their trust.
- 7) Offer a paper napkin to spit out food they do not like.
- 8) If your children decide that they don't like a particular food, say "thanks for trying it, maybe you'll like it next time".
- 9) Be a good role model by trying new foods yourself!



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