

Taken from the NHS Choices website www.nhs.uk

- Give your child the same food as the rest of the family.
- Eat together as a family if at all possible.
- Only give small (child) portions and praise your child even if they only manage a little.
- If your child rejects the food, don't force them to eat it, just take the food away without commenting. Try to stay calm even if it's frustrating.
- Don't leave meals until your child is too hungry or tired to eat them.
- Your child may be a slow eater, be patient and try not to rush them.
- Don't give too many snacks between meals as they won't be hungry enough at the proper mealtimes.
- Don't use food as a reward. Your child may think sweets are nice and vegetables are nasty. Instead reward them with a trip to the park or play a game with them.
- Children get thirst and hunger mixed up. They may say they are hungry when in fact they are just thirsty.
- Make mealtimes enjoyable not just about eating, use them as an opportunity to talk about their day.
- Use others as a good example, if they have a friend who is a good eater ask them round for tea- but don't praise the other child too much! Adults as well can set a good example.
- Remember children's taste change-one day they hate something but a month later they may love it.



