

Fussy Eating

Toddlers are renowned for being 'fussy eaters', suddenly refusing foods they have liked previously or eating well one day but not the next. It's important to reassure parents that toddlers don't need to eat well at every meal or each day. It is more important to take into account their average intake over a week which in most cases is varied enough to support their nutritional needs.

Below are some useful tips to give to parents on how to deal with 'fussy eaters'.

To get you started here are a few of our Top Tips for Fussy Eaters

1 **Toddlers love messy mealtimes when they are allowed to feed themselves.**

Don't spoon-feed just to avoid a mess. Let him pick the food up rather than trying to spoon it into his mouth. Toddlers like having control of feeding themselves.



2 **Refusing a food may not always mean that he doesn't like it**

You may have to offer the food over 10 times before he decides that he likes it! Food refusal is a normal part of a toddler's development.

3 **However, don't force your toddler to eat**

This can result in a permanent dislike of that food. When it becomes clear that he's not going to eat it, take the plate away without commenting. Next time offer him a different food from the same food group.

4 **Make sure there are no distractions at mealtimes**

Turn off the television! Toddlers can only concentrate on one thing at a time, therefore having the TV on can make mealtimes difficult.

5 **Take a look at your own diet**

If you are eating a healthy diet, your toddler is more likely to want to try these foods too. Don't expect him to eat well if you don't.

