




MAKING PEACE WITH YOUR PICKY EATER


A HAND IN HAND PARENT'S GUIDE

Picky eating brings up big feelings for us as well as our kids, and working on both helps you get clear about what you want to achieve. Here are good points to consider:




What are Your Expectations? Are you worried about nutrition and health, wasting food, control issues like sitting at the table? Getting to grips with the limits you want to hold on to helps you focus on what triggers your feelings.

How Can You Make Meals Easier: Offer build your own meals like pizzas or tacos. Creating go-to snacks that you don't mind your child filling up on helps ease worries about health. Reduce portions, and see if that helps. Offer liked and reliable foods with new foods.



Can You Be Playful? When you can get light around eating and have fun at the table, you can help clear stuck emotions. If being playful feels hard, think about why that might be.

Away From The Table: Try a two-prong approach where you get your child involved in meal planning, shopping and prepping. This paves way for conversation and upset ahead of dinner. But also up connection, play and laughter NOT around food to help those feelings bubble up.



What Limits Do You Want To Hold: Once you decide on your limits, set them and use calm responses when your child says no. Offer support while your child cries or rages. Reassert the limit when their response calms. If they still have feelings to work through, they will cry or rage some more.

For more, go to www.handinhandparenting.org