

TIPS TO ENCOURAGE ADVENTUROUS EATING

Here are things you can do to make meals easier:

- ✓ **Eat meals and snacks** at the same time every day.
- ✓ **Eat together** as a family as much as you can. Don't feed kids separately.
- ✓ **Avoid distractions** when you're eating. Turn off the TV, games, phones, and remove toys from the table.
- ✓ **Give your child the same new food many times.** It can take up to 20 tries for your child to eat a new food.
- ✓ **Eat and cook different types of foods** with your child. Children learn from and copy their parents' behavior.
- ✓ **Avoid giving your child drinks in between meals.** *water is ok!
- ✓ **Give your child new foods with a food your child already likes.**
- ✓ **Put a small amount of each food onto your child's plate.** Let them choose what they would like to try.
- ✓ **Include your child when you grocery shop and cook new foods.**
- ✓ **Play with your food!** Make smiley faces or animal shapes with food. This can help you child feel more comfortable trying new things.

It's healthy for your child to try new foods, but lots of kids are resistant to them as well. This is normal! Don't force your child to eat or bargain with them to take a bite. It may take your child some time to get used to new foods. Always remember, don't give up! You've got this and so do your kids! 😊