

Parent Pack –Fussy eaters

1. It can often be more helpful to think about what your child has eaten during the day rather than focus on individual mealtimes.
2. Consider if your child is active and gaining weight, do they seem well in themselves, if they do, they are probably getting enough to eat.
3. If your child is eating some food from the main food groups, you more than likely do not need to worry. (NHS Eatwell plate)
4. Introduce new foods gradually, remember to re visit foods that were disliked as tastes often change.
5. Keep offering a variety of foods.
6. Mealtimes should be enjoyable. Sit together as a family to eat, use the time to chat about the day.
7. Make sure your child is sat on an appropriate chair and can reach the table to eat comfortably.
8. Give your child the same food as the rest of the family, try to avoid adding salt.
9. Children learn by what they see, set a good example and often children will copy you.
10. Consider portion size, try to aim for a portion size that is just right.
11. Consider textures, do they dislike foods touching, consider a plate with sections or a side plate.
12. Eat at appropriate times, do not leave mealtimes until they are too hungry or tired.
13. Avoid large amounts of fluids before and during meals as this may reduce their appetite.
14. Offer regular meal and snack times rather than graze throughout the day. Two healthy snacks per day is plenty.
15. Be patient your child may be a slower eater.
16. Offer praise for what they have eaten even if it's a small amount.
17. Do not use food as a reward.
18. Invite one of your child's friends over who is a good eater, they may be willing to try their friends' favourite dish.
19. Cook together, if children can see what is in the meal and help to make it, they are often willing to try it.
20. Changing how you serve food may make a difference, consider grating carrot into a meal.

Useful information

<https://www.nhs.uk/healthier-families>

<https://www.family-action.org.uk/.../children-families/change4lifeservice>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels>

<http://www.henry.org.uk>

For further support please contact us on :

East Team School Health **01925 946803**
South Team School Health **01925 946505**
West Team School Health **01925 946911**