



12 Reasons your child

Isn't Eating at Meals

(and What To Do!)



1. Too much pressure

- don't hover
- focus on family time
- let your child self-feed

3. Boredom

- add more variety to meals/snacks
- prepare foods in different ways
- Ask your child for input

5. Too many distractions

- remove screens/toys from table and turn off screens and audio in other rooms
- seat kids at the table so that they can't touch, poke, bother each other
- put a footstool under your child's feet

7. Super-taster

- roast veggies and choose naturally sweet ones like carrots, snap peas, sweet potato .
- add dips like ranch dressing, peanut butter, tomato sauce, ketchup
- add fruit to blander meals

9. Too many snacks

- don't let your child "graze" throughout the day
- make sure that there is at least 2 hours in between eating opportunities

11. Not feeling well

- focus on fluids and hydration
- try serving blander foods such as bananas, rice, toast, soup

2. Not enough say

- involve your child in shopping/prepping/cooking
- give your child "structured choice"
- serve meals "family-style"

4. Simply not hungry

- accept that your child just isn't hungry
- re-evaluate snacks and beverages served in between meals

6. Portions are too big

- serve a little bit of everything, in small amounts at first
- let your child serve him/herself

8. It's a texture thing

- leave lots of time for creative play, outside of mealtime
- try using a vibrating toothbrush
- allow spreads and dips to boost calories
- allow your child to "play" with food (with limited of course)

10. Too tired

- try moving dinner to an earlier time
- make sure your child doesn't miss a nap
- he/she will make up for missed nutrients/calories at another time (let them sleep)

12. Too much milk or juice

- max. 2 cups per day (1/2 cup at meals)
- no need for juice, but max. 1/2 cup unsweetened fruit juice/day
- water only between meals/snacks