



## SIGNS OF PROBLEM FEEDERS

- RESTRICTED FOOD RANGE OF 20 OR LESS FOODS
- CRIES/HAS MELTDOWNS WHEN INTRODUCED TO NEW FOODS
- REFUSES CERTAIN TEXTURES OR FOOD GROUPS
- USUALLY EATS DIFFERENT FOODS THAN THE FAMILY AND OFTEN EATS ALONE
- CONSISTENTLY REPORTED AS A "PICKY EATER" DURING WELL CHILD VISITS
- NO LONGER WILL EAT FOODS THAT THEY USED TO EAT



## TIPS AND TRICKS FOR MEAL TIME



- Remain Calm - make sure your child is comfortable
- Never force a child to mouth, bite, lick, chew or even taste anything they don't want to
- Create a routine that works for your family
- Be Messy! Play with food, allow your kid to learn about food in a comfortable, non-threatening and fun way
- Allow your child to help you prepare and serve their food
- Use a divided plate if your child doesn't like their food to be mixed or touched
- Eliminate the pressure of eating a meal. Let the child know that they are free to spit out anything they don't like

