How to cope with picky eating
Your child’s picky eating is temporary. If you don’t make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child’s picky eating behavior in a positive way.

Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store.

Have your child help you prepare meals. Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir.

Offer choices. Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”

Enjoy each other while eating family meals together. Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.

Offer the same foods for the whole family. Serve the same meal to adults and kids. Let them see you enjoy healthy foods. Talk about the colors, shapes, and textures on the plate.