

Parent Resource

7 Ways to Get Kids to Eat Fruit (And love it!)

How can you get your kids to eat more fruit? Telling a toddler it will help ease her constipation certainly won't do the trick. And, the more you coax your children to eat something, the more they'll push back.

Click [here](#) for seven tactics you can use to guide them without saying a word.



[Source: PBS for Parents](#)