

## Parent Resource: **How to Cope with a Picky Eater**

Age group: **Preschool Age**



<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information/preschoolers-picky-eating>

### **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.