





Children are Naturally Picky Eaters Picky eating is a normal developmental phase Children may need 15-20 exposures to a new food before trying it Eating behaviors develop through: Direct experiences with food Observing others' eating behaviors

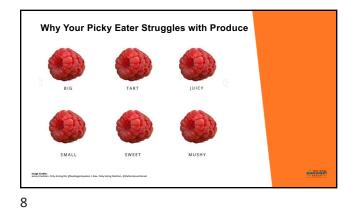
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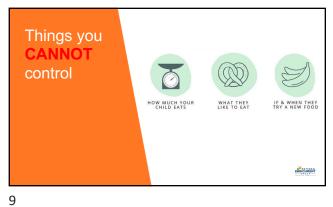


Not hungry Why is your child not Sensory overload eating at Sitting is hard mealtime? Too much water, juice, or milk **Belly Troubles** Trouble Chewing Extra Cautious ENRICHMENT

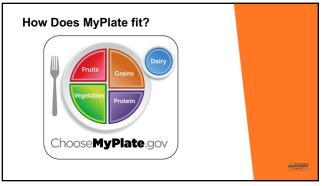
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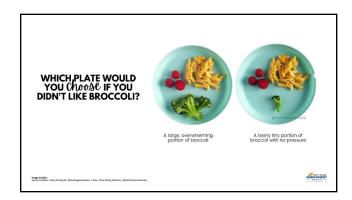




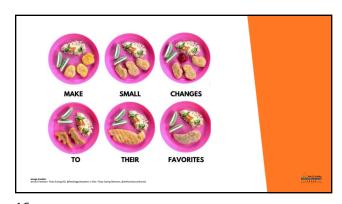




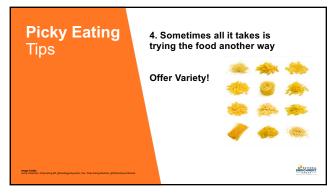








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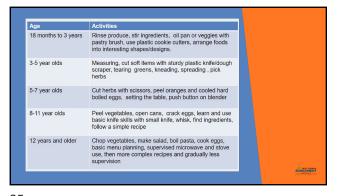


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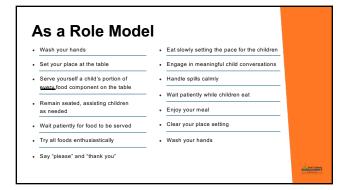




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Picky Eating
Tips

7. Make mealtime a positive environment

Offering Foods with No Pressure

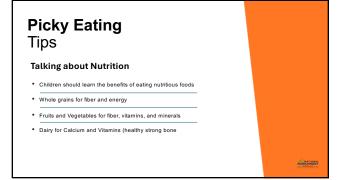
• What you can say to offer food without pressure:

• Today we have curried chicken – children in India eat their chicken this way. It tastes spicy. See what you think...*

• Praise them when they try it

• Don't make a big deal if they don't like it or won't try it but do not offer alternatives

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You Have Remember the Power Small changes can achieve HUGE results especially with food and nutrition.

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