Try One, Two or a Few of the Following Tips with a Picky Eater You Know

1) One step at a time. Offer just one new food at a time. Let the child know if it will be sweet, salty, or sour. Serve it with other foods you know child likes.

2) A taste is just a taste. Let your child decide the amount to try. A taste can be as small as half a teaspoon. But do not force it.

3) What goes in, may come out, And that is okay! Recent studies indicate young children are more likely to try a new food if they have option of not swallowing it. Show children how to carefully spit the food out onto a napkin if they decide they do not want to swallow it.

4) If at first you do not succeed, try again. Many young children must be offered a food ten to fifteen times before they will accept it. According to research continue to offer new food, do not give up. Eventually children are likely to give it a try.

5) Be a role model. Imitation is a powerful force in learning. If you want children to be willing to try new food it is helpful for them to see you eating those foods too.

6) Capitalize on a Food-Tasting Peer. To encourage a reluctant toddler have him or her sit with friends or siblings who are good tasters when you introduce a new food.

Food as a reward, punishment and celebration

Children are more likely to learn unhealthful eating behaviors when adults use food as a reward, pacifier, or punishment. Children need positive encouragement, but using food as a reward places undue emphasis on the desirability of eating certain foods, which may lead to eating too much of them. Use praise, smiles or hugs but not food, as rewards for desired behavior.

Resources; Better Kid Care

Healthy Young Children  Susan S. Aronson