

Relax and Enjoy: 6 TIPS FOR CONNECTING AT MEAL TIME

These make meals and snacks more fun and relaxed.



1 PROVIDE STRUCTURE AND ROUTINES TO FOLLOW.
Make a routine for meals and snacks. Offer them around the same times and in the same place each day.

2 AVOID LABELING YOUR CHILD AS A “PICKY EATER.”
Talk about foods while you eat. Share your opinions. Avoid calling your child's choices good or bad.

3 PROVIDE A VARIETY OF NUTRITIOUS FOODS AT MEALS AND SNACKS.
A parent's role is to offer healthy options throughout the day. The child's role is to choose what and how much to eat from the foods you offer.



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4 FOCUS ON TABLE MANNERS.

Encourage your child to be polite by being a good role model.

5 EXPLORE FOODS TOGETHER.

Eat together and talk about foods. Encourage your child to explore color, smell, texture, and taste. Don't focus on what they eat. Enjoy the time together knowing you did your part: *offering nutritious foods on a regular routine.*

6 MAKE IT INTERESTING.

Cut foods in interesting shapes. Arrange colorful fruits or veggies in fun patterns. Let your child help prepare meals and set the table. Kids are more likely to eat foods that they help to prepare!



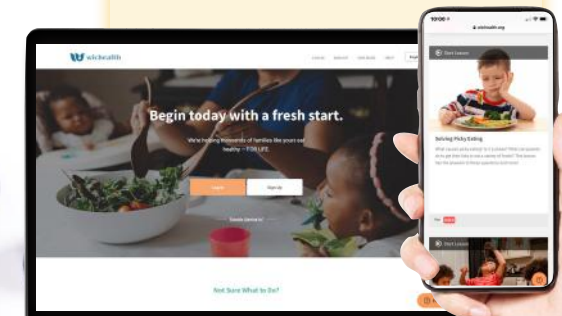
LESSON:
SOLVING
PICKY EATING

Take This Lesson Learn:

- Parent roles and child roles at mealtimes.
- Ideas to help the whole family enjoy the same meal.
- Answers to common questions about mealtime struggles.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Feeding Your 2 To 5-Year-Old**
- Choose the lesson: **Solving Picky Eating**



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