

# DID YOU KNOW?

**nüton**

Nutrition Education  
In Manitoba

Many preschoolers are picky eaters. Pickiness is not something to worry about; *how you react is what matters. Avoid using guilt, bribery, health claims and false praise, such as:*

- *“Just one bite, and then you can have your dessert”*
- *“You cannot leave the table until you at least try it.”*
- *“If you don’t eat it now, you will have to eat it later.”*

**These tactics often make mealtimes even tougher.**

**Instead:**

- Trust your child’s appetite – it can change from day to day. If they say they are full, they probably are, so remove their plate.
- If a child refuses a food, don’t force them to eat it; but be sure to offer it again another time. You may have to offer a new food 8 to 10 times (or more!) before your child tries it, if they ever try it at all. That’s okay!
- Don’t make something else for children if they do not like what you are serving. They can get used to this! Don’t give in later if they ask for food – have them wait until the next meal or snack. Offer the next meal or snack within two to three hours.

