

HOW TO DEAL WITH PICKY EATERS

1. Don't bribe your kids to eat their veggies.

Bribing your child or trying to force him to eat a "healthy" food will likely teach them to dislike the food. Instead, offer a variety of foods at each meal and be a good example--- let your kids see you eating a variety of foods as well.

2. Don't put cookies on a pedestal.

When we treat cookies and other desserts like a reward or make them seem off-limits, it makes them even more appealing to children. Its okay to have sweets around on occasion, but if you don't want your kids eating them all the time, don't buy them!

3. Don't limit your child's diet to "kid food."

If you only offer your kids chicken nuggets, macaroni & cheese, and pizza, those are the only foods they'll learn to like. Don't make your children a separate meal. Instead, make a meal for the entire family and dine together. This way your children learn to enjoy a variety of foods and you get to spend time together.

4. Don't give up!

Don't give up on broccoli just because your child refuses to eat it the first time she sees it. It may take 15 to 20 times of introducing a new food before your child tries it. Again, don't force your child to eat something; just encourage them to try it and keep offering it!