

Top Tip

- Eat together and be a role model. This is a really important way for children/young people to learn about food and eating.
- Routine and structure. Have regular meal and snack times.
- Get messy. Give lots of time for taking part in messy play activities and food preparation.
- Involve them. Involve children/young people in meal planning, shopping, preparing meals, serving the meal and cleaning up.
- Give some choice over what to eat.
- No pressure. Some children need lots of chances to get used to a new food before they try it. Give your child lots of chances to see different foods with no pressure to eat them.
- Introduce new foods slowly and try to change one thing at a time.
- Have fun at mealtimes.

Have fun

Be creative. Your child may be more willing to eat “rocks and trees” than meatballs and broccoli. Fun arrangements such as some vegetable sticks and grapes / tomatoes placed in a smiley face pattern on a plate may encourage your child to taste something new. Let them play with their food as much as possible. Make food fun!

