



Fussy Eaters

Strategies for Fussy Eaters

- Investigate through observation and talking to parents what, where when and how the child will and won't eat certain foods.
- Keep mealtimes and snack times a positive experience. Staff need to act as a good role model for the children by eating at the same time as them at the table and making eating time an enjoyable and social time. If children struggle with having a conversation, listen to songs, rhymes or audio books.
- Involve the children in preparing snack or setting the table for food times.
- Use dolls and puppets at the table to model good eating and drinking habits. Encourage the child to feed the puppet with a spoon and offer the puppet a drink.
- Introduce new food gradually by following smaller steps to gradually expose the child to new foods.
 - Put the new food on the table
 - Put the new food on their plate with no pressure to eat it.
 - Encourage the child to touch it
 - Encourage the child to smell it
 - Encourage the child to lick it
 - Encourage child to put it in their mouth
 - Encourage the child to put it in their mouth chew and swallow it.
- Plan activities that involve real food. Introduce real fruit and veg into the role play area, print with apples and potatoes, make funny faces and pictures with sliced fruit, and veg, sort food by colour, shape, or size.
- Involve the children in growing food such as cress, beans, and tomatoes.
- Give the child a sense of control by offering a choice of two items at snack time and lunch time.
- Reward and praise the child at snack and mealtimes after the child has eaten. If they have not eaten praise them for sitting at the table and trying to eat or joining in with eating times.
- Read stories that have lots of pictures of food in and talk about the pictures.