

Tips to help **1** Fussy Eating



When introducing new foods, you may need to try with very small amounts, e.g. the size of child fingernail, increase the size gradually over time.



- Being fussy can be a normal part of child development. Tastes develop and change throughout childhood and life. Children naturally prefer sweet foods
- It is important to encourage development of different tastes and flavours e.g. bitter, savoury
- Refusing foods can be a way of children taking control in life

See, touch, smell and taste



- Try introducing new foods slowly
- Let them **see** the food



- Encourage them to **touch** it
- Encourage them to **smell** it
- Finally **taste** it



It will take time to work through these phases

Rewards



Consider praise / rewards for each step taken with a new food

- You could try reward charts with stickers
- You could try making a reward box (be creative) and fill it with small tokens, e.g. staying up 10 minutes later, getting a story, 5 minutes on games console, WIFI pass
- Some children respond better to immediate rewards

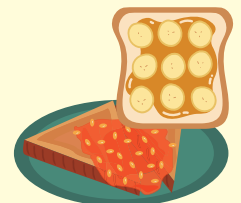
All rewards should be non food based



Food Chaining

Start by offering a familiar food then chain on a new food

- Toast could be chained with beans or banana
- Once this is accepted try adding another food e.g. some cheese to the beans



All children under age of 5 should be given vitamin D drops daily. In NHS GGC, all children under 3 can get FREE vitamin drops - ask your health visitor or local chemist.

 www.nhsggc.scot/hospitals-services/services-a-to-z/dietetics/