

Fussy eating

It's perfectly normal for a young child to refuse to eat or even taste new foods. Children will usually eat enough to keep themselves going.

Try not to worry unless your child is not putting on weight as quickly as they should or is obviously ill.

- Are mealtimes stressful?
- Are portion sizes age-appropriate?
- Do you give large snacks between meals?
- Do you sit together at mealtimes?

Every time I give her food she just gags, I don't know why!

Nursery says she eats everything they give her.

I'm worried she's not eating enough.

Why is mummy upset - I have eaten enough. I'm not hungry!

If I make a fuss she will give me whatever I want.

I don't like those lumps.



Top tips

- Limit large snacks between meals.
- Sit down to family meals together and turn off televisions and tablets as these are distracting for your child.
- Give your child the same food as the rest of the family.
- Don't delay mealtimes until your child is too hungry or tired to eat.
- Your child may be a slow eater so you may have to be patient.
- Give small portions and praise your child for eating, even if they only manage a little.
- If your child rejects the food, don't force-feed them. Just take the food away without comment. Try to stay calm even if it's very frustrating.