



Tips for Picky Eaters

Children at this age are trying to do more for themselves, and do things their way. They may refuse to eat a certain food, or refuse to eat at all. Do not worry. This is a normal part of growing up.

Problem

What to Do

■ My child will not eat new foods.



- Offer one new food at time, with foods she likes.
- Give a small amount. Do not worry if your child does not eat it. Offer it again at another time. You may need to offer it many times before she will eat it.
- Let her try all kinds of foods, even the ones **you** don't like!
- Do not expect your child to like everything. All of us have some foods we do not like.

■ My child only wants to eat one kind of food.



- This is normal at this age. Let him eat what he wants, if it is a healthy food.
- Offer him other foods, too. After a few days, he will probably try other foods.

■ My child will not eat what I serve her. She wants something else.



- Try to have at least one food she likes at each meal, along with the other foods.
- Let your child help with meals. Children like to eat foods they help to prepare.
- Sometimes offer her 2 choices, and let her pick one.

Problem

What to Do

My child does not want to eat at all.



- Take the food away until the next meal or snack. Snacks and meals should be about every 2 to 3 hours.
- Make sure he does not fill up on milk, juice, or sweet drinks between meals. Children this age only need 3 to 4 small servings of milk and/or milk products every day. Limit juice. Offer water in a cup when he is thirsty. **He should be drinking only from a cup now, not a bottle.**

My child does not eat much and sometimes skips meals.



- Do not worry if she skips a meal sometimes. She will make up for it at the next meal.
- Young children are smart eaters. They eat when they are hungry and stop when they are full.
- Remember, it is normal for children to eat less after the first year. They are not growing as fast.

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