**Suggestions for Picky Eaters**

**Gradual Change**

* picky eaters are usually very sensitive to taste and smell and they can detect subtle differences in taste smell and texture of foods
* introducing new foods may require very gradual changes in order for the child to tolerate them
* start with a preferred food and add something new
* e.g. bread with peanut butter – try a different kind of bread with peanut butter – then try a cracker with peanut butter – then a pita with peanut butter – then a peanut butter cookie
* If you make very small changes in expectations you will avoid a power struggle. The goal is to build a trust relationship as opposed to a control relationship.
* Change may start at something as small as changing the brand of the food the child likes
* The key is to keep nudging the boundaries of the child’s food repertoire and to avoid further narrowing of food choices

**Keep Offering Rejected Foods**

* It takes a child 10 to 20 trials of a food to decide if he likes it
* Gagging, grimacing and lip puckering are common with new foods
* If a child clearly rejects a new food, put it away and try again in a week or more
* Persist in offering food that the whole family is eating and sit together as a family to eat.This gives the message that sitting at the table and eating what the family eats is a basic expectation
* Offer a new food with an accepted food
* Try not to be a short order cook for your child