

Brave Badger's Guide to Fussy Eating



When your little one refuses to eat or even taste new food, don't be too worried - it's perfectly normal.

We've put together some helpful tips to help you introduce your child to flavours and textures they might be shying away from.

1

Make meal times a positive experience

Ensure you serve your child's meals before they get too tired or hungry to avoid upset. Start with smaller portions and praise your child for eating, even if they only eat a little.

2

Eat together if you can!

The best way to encourage your little one is to have them copy you! Set the example and have them eat the same food. Eating with your child and making it a social occasion will have a positive impact and you won't have to cook twice!

3

Be mindful about snacks

Watch the amount of snacks between meals, so your child is feeling hungry for their main meals. Two healthy snacks are recommended throughout the day.