

Make Eating an Adventure!



- 🍓 Have a positive attitude. Serve new foods to your child and expect that she will eventually learn to like them.
- 🍓 Don't force your child to eat.
- 🍓 Let your child help prepare food
- 🍓 Serve new foods when your child is hungry
- 🍓 Serve one new food at a time.
- 🍓 Be a good role model. Eat a new food in front of your child and let him see how much you are enjoying it. He may try it because he wants to be like you.