

PICKY



Fear of new foods are common for toddlers and preschoolers.

The unusual child is the one who eats everything and anything served to him!

- **Getting used to new foods takes time. A child often needs to see, smell and taste a food *8 times* before they start eating the food without a fuss.**
- **Never force your young child to try new foods. Instead, show them how much you enjoy eating these new foods.**
- **Rewarding a child for tasting a food may lead to his liking it less.**