



No More Food Fights

How one mom put an end to mealtime battles with her picky eater

My 3-year old Emily was the pickiest eater ever. She could find the smallest piece of vegetable in any dish, and spit it right back out at me, whole.

One afternoon, while trying to get Emily to eat a half-way healthy lunch, she started her usual routine of **spitting out most of what I'd made**. I told her loudly to "eat your food or you won't be able to go to the park later."

Of course that just made her more upset and after 20 minutes of going back and forth we were both exhausted and she hadn't eaten much more. Tired of always struggling, I told myself **there had to be a better way...for both me and Emily**.

That night, I cooked one of Emily's favorite dishes, and then put some cut up celery and a yogurt dip on the table too. I didn't say a thing, and amazingly, **she actually tried a little bit on her own!**

Little by little, I started offering other veggies with her meals, always making sure that I didn't make a big deal out of it if Emily didn't eat them.



After just a few months Emily's eating became more adventurous. We both felt more relaxed when it came to mealtimes.

Six months later, Emily still has her picky moments, but at least when I sit down at the table, I feel sure that **my days of food fights are over!**

Parenting
Tip

Children between two and four like to explore their newly gained independence and that often means not liking certain foods.

Fresh Veggies with Yummy Yogurt Dip

Let me choose please!

Picky eaters often like to choose from a variety of raw veggies. Along with putting out their favorite add a piece or two of something new.

Mix it up with your dips!

Ranch dressing may be popular but using 1/2 cup of plain, non-fat yogurt instead not only cuts fat and calories; it gives your child a boost of protein and calcium too!

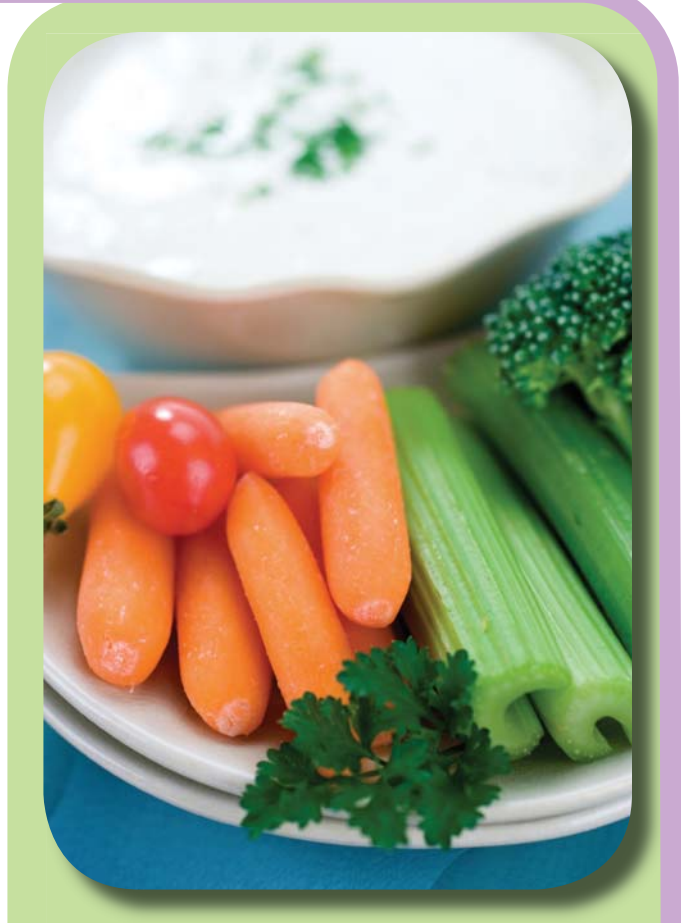
Still afraid yogurt dip will be too boring?
Try adding one of these:

A pinch of garlic powder or ground cumin

1/4 packet of dried onion soup mix

Fresh cilantro or dried dill

Small cubes of cucumber



Words of Wisdom from Moms with Picky Eaters



"They'll eat it when they're hungry. They're not going to starve themselves." --Suzette, mother of 2 year old Sam



"If you leave them alone and let them feed themselves, they're more likely to pick it up and eat it versus you trying to force them." --Moira, mother of 4 year old Tyler



"I've notice that a lot of times I put my daughter's plate of food in front of her and she just plays with it. But when I sit down and start eating mine, she'll start eating hers." -- Jenny, mother of 3 year old Ruby

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Number of times you may have to offer a new food before your child starts to like it.