

5 Simple Tips to help raise Happy Eaters

Nutrition & Dietetics



Eating a wide variety of nutritious foods is important in the growth and development of young children. Fussy eating behaviours in young children can be quite common and normal, however this can also mean that mealtimes may become a very stressful experience for the family.

The Dietitians at DPV Health work with children and their families to make mealtimes enjoyable again.

Here are five simple tips to help raise happy eaters:

1. Reduce distractions:

Turn off the TV/iPads during mealtimes and if possible, put pets away in another room during eating time. Eat together as a family and talk about your favourite parts of the day with each other.

2. Avoid force feeding or pressure to eat:

As a parent, your role is to define the meal times and offer food choices. You should allow your child to decide if they want to eat and how much to eat. Children are more likely to eat and drink how much their body needs if they are not pressured to eat.

3. Have a gap in between main meals and snacks:

Typically, a 2-3 hour gap allows enough time for a child to become hungry for the next meal or snack.

4. Include at least one 'safe' food each meal:

Include at least one 'safe' food that the child does eat (such as bread) with each main meal. The child may be more likely to try a new food in their meal, if they also have their 'safe' food close by.

5. Let your child help:

Let your child help you prepare a part of the meal (such as washing the vegetables or setting the table) and go food shopping together when possible. Young children learn through play, so don't be afraid if your child just touches or smells a food – it is a part of their learning!

Above all – have fun with food and enjoy mealtimes as a family!



If you are worried about how your child is eating book an appointment with a dietitian:



1300 234 264

(select option 4)

or download the brochure [here](#)