Dear Parents,

Who likes Brussel sprouts? Bread crusts? Soggy cereal? Not your preschooler, I bet! Dealing with a picky eater can be challenging to the point of I-want-to-pull-my-hair-out frustration. But don’t worry; there is hope and help to be had. The video below addresses the issue of preschoolers who are picky eaters. No, there’s no pill or sure-fire cure you can offer, but you will be given tips that have proven successful to help you deal with the issue and correct the situation (to some degree, anyway).

<https://vimeo.com/parentministry/review/149143123/9d66ed1be5>

Here are some practical suggestions for getting your preschooler to eat/try more foods:

1. Try the old “One bite of everything on your plate” rule in your house. My mom was a kindergarten teacher for many years and this was her rule for her classroom: To eat the dessert, you had to take one bite of everything else on the plate. She didn’t police how big the bite was, or require the kids to keep a straight face. If they scrunched up their face in disgust, she let them. All they had to do was eat one bite of everything. The kids knew the drill and never fought her on it. And guess what? Most found new foods they really liked and ate their whole plate!

2. Don’t force kids to clean their plates BUT then don’t make sweets and other unhealthy foods an option for snack time later.

3. Kids have a tendency to fixate on one or two foods at a time. As long as they’re healthy ones, don’t worry. It will change right along with their shoe size.

4. Let your kids see you eating a variety of healthy foods. They will follow your example. Try a themed snack time. Maybe one day you eat something crunchy! Then the next you eat something soft. Squishy! Smooth! Bumpy! The possibilities are endless. Take the kids to the grocery store with you and let them pick items based on how they think they will sound or feel when you eat them!

6. Let your kids help you cook and prepare meals. Taking ownership in something makes it more appealing. There are many tasks that kiddos can do, such as wash or dry, bring pots and pans, or utensils, set the table, stir, dump ingredients in, etc. Will it take a little more time, maybe at first. But it’s worth it in the long run.

7. Make eating fun. A piece of celery is boring, but add peanut butter or cheese spread and raisins and now it’s an adventure!

You have foods you don’t like. So does your preschooler. Don’t worry about it. Just make sure to introduce new foods to their diet and keep things healthy and interesting. Oh, and it won’t hurt to remind them that it’s all good. The Bible even says so!

Building Young Disciples,

Pastor Sarah