

# 9 STEPS TO IMPROVE YOUR KID'S EATING

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## Set a Schedule

Space meals out 2.5-3 hours apart and give nothing but water in between. Treat snack time like a meal. Times may change everyday the interval is important!

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## Eat Together

Actions speak louder than words and demonstrating that you think meals are important goes a long way.



## No Pressure

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Pressuring your child to eat seems natural, but we now know it leads to an unhealthy relationship with food. Don't get into a power struggle, coax, beg, bribe, or reward.

## Eat at a Table

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Eat at a table consistently (even for snacks) because it creates routine, structure, and a sense of importance.

## Set an Example

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Avoid labeling food as bad or smelly. Let them observe you eating a variety of foods (without pressuring them to do the same)



1 Preferred Food

While choosing your child's food always make sure they have at least one food they eat 50% of the time or more.



No Distractions

Avoid using tablets, tv, phones, toys, or any other distractions to get you child to eat because your child isn't learning to actively eat.



No Short Orders



Don't ask your child what they would like to eat, it's your job to choose. However, they can \*help\* you plan out meals in advance.

Give a Variety



Rotate through your child's preferred foods as much as possible, trying not to give the same foods 2 days in a row, at least.

Read More Here!

These strategies are the first and most important, but there are many more tips on Your Kid's Table.