

Picky Eating

Picky eating is where a child is very particular over which foods they will and won't eat, with very limited foods that they will eat. The majority of children go through phases of fussy eating or picky eating, particularly when they are younger.

This can often be part of normal development and nothing that needs exploring further. However, if a child's difficulties are more severe and ongoing, you may wish to seek more support.

Introducing your child to a wide range of flavours, textures and colours from an early age can be helpful in getting your child used to consuming a variety of foods.



Keep Trying!

Weaning is an exciting part of your baby's development as they start to experience lots of new tastes and textures. Some days you'll see faces of delight and others it may look more like disgust but don't worry - both reactions are fine.

Sometimes your child may not like a particular flavour or texture straight away. When this happens, just keep trying that food in small amounts.

It can sometimes take 10-15 tries before your baby starts to accept a new food so try to persevere!



GWGWH

Growing **Well** Growing **Healthy**
Stockton Infant **Feeding**

