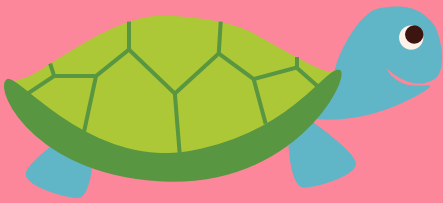


# CAUTION: PICKY EATER AHEAD

## Think Like A Turtle



Slow and steady wins the race. Remain patient and be consistent. It may take a few tries to get your child on board with nutritious meals.



## One Step, Two Step

Introduce new foods one at a time. Little tummies and taste buds need time to grasp new things.



## Chef In The Making

Children love to help cook. Try having your little sous chefs pitch in when preparing meals. They will want to taste the food they made.



## Old Faithful

Introduce a new food with a familiar food. Broccoli and succotash in the same night might be too much for your 3-year-old.



## At Your Service

Keep little hands busy by having your child help set the table. This can create excitement about the meal the upcoming meal.



## Take A Stand and Invoke the Ban

Ban your clan from saying negative things about foods around the dinner table.



## All Rules Apply

Apply the 'one bite rule.' That means that all family members have to try at least one bite.