

Parents TALK... about feeding KIDS



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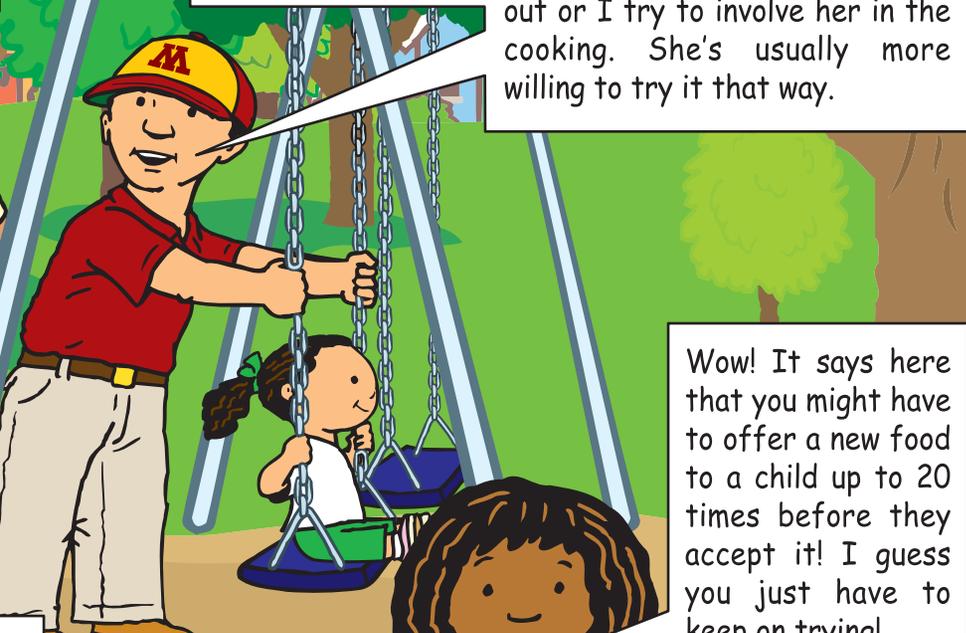


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I get the same thing from my son, so I tried doing something new. He loves carrots and dip so I added some broccoli to the carrots. He ate the carrots first, but he still wanted more dip so he ate the broccoli too! It really helped to put the new food with an old favorite!



My daughter just doesn't do well with change - that includes adding foods that aren't familiar. It helps when we ease into it and she gets involved. So when we try a new food we go to the store together and pick it out or I try to involve her in the cooking. She's usually more willing to try it that way.



Our dinner table used to be a battleground. Now I tell my four-year old to try a new food and she can spit it into a napkin if she doesn't like it. It helped her to know she had a way out if she didn't like the food. I also try new foods in front of her and she reminds me that I don't have to eat it if I don't like it, either.



Wow! It says here that you might have to offer a new food to a child up to 20 times before they accept it! I guess you just have to keep on trying!