



Struggling to Keep Mealtime Peaceful with your Toddler?

You're not alone!



In this guide I have several tips and tricks to make mealtime a breeze and say goodbye to picky eaters!

Here are six top strategies to encourage your toddler to eat their meals:

1. **Offer a Variety of Food:** Provide a balanced selection of foods from different food groups to expose your toddler to various tastes and textures. Examples: Fruits, vegetables, proteins and whole grains. Stay away from processed foods and sugars.
2. **Serve Small, Frequent Meals:** Toddlers have small stomachs, so offering foods and snacks every few hours can help keep them from getting too hungry or tired to eat.
3. **Make Meals Fun:** Use colorful plates, fun utensils, and creative presentations. Have a picnic style meal to make mealtime more engaging and appealing to your toddler.
4. **Involve them in mealtime preparation:** Let your toddler help with simple tasks like stirring, pouring, or choosing ingredients to help them feel more invested in the meal.
5. **Offer Choices:** Give your toddler options within reason, such as letting them choose between two vegetables, to give them a sense of control over their meal.
6. **Be a Role Model:** Children often mimic the behavior of adults, so demonstrate healthy eating habits yourself and eat meals together as a family whenever possible.
7. **Be Patient:** It may take several attempts before a picky eater even attempts to try a new food, so be patient and offer words of encouragement and praise when they do try!
8. **Don't Force Them:** Avoid pressuring or forcing your child to eat a certain food, as this can create a negative association with mealtime or a certain food item.

By using these strategies, you can help make mealtime more enjoyable and encourage your toddler to develop healthy eating habits!