



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

Picky Eaters

Does your child only eat chicken nuggets or would they rather play than eat anything at all? Picky eating is a normal right of passage for toddlers. At some point, all toddlers show some level of pickiness. So how do you overcome this phase and get your child to eat a balanced diet?

Experts say not to force your child to eat. Forcing a meal or certain foods on your child may actually reinforce a power struggle over food. Instead, serve small portions to allow your child to independently

ask for more. Serve new foods along with your child's favorite foods. Encourage your child to try new foods by talking about the color, shape, and texture instead of whether it tastes good. Try serving vegetables with a yummy dipping sauce or cutting fruit into different shapes with cookie cutters. You may also want to add vegetables to spaghetti sauce or add fruit to cereal.

Encourage your child to help you pick fruits and vegetables at the grocery store. At home, let them help with meal preparation

by rinsing vegetables, stirring batter, or even setting the table. Giving your child the opportunity to 'make' dinner should get them excited to eat.

Adapted from
www.parenting.com &
www.mayoclinic.org



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www.NCSEED.org

NOTES

- NC SEED has started enrolling families, with some of those having completed all study steps! THANK YOU for participating!
- Check your mailbox to see if your family has been invited to participate in SEED



Raise a Reader

Studies show that early reading with children teaches basic speech skills and helps them interact with others, bond with parents, and read early themselves. As your child grows,

keep books by their bed and in the playroom, and bring books with you on car trips. When reading aloud to your child, have fun and be playful by creating different character voices. Let your child choose which books they want to hear.

If your child is having trouble finding books they like, suggest books that talk about their favorite animals or choose interactive books. Remember, reading is a great way to boost your child's imagination!