KixCare TIPS

What Should I Do When My Child Is A Picky Eater?



All children enjoy foods, flavours, and textures differently.

Cut here for a colouring sheet for your little one

- Continuing to expose your child and encouraging them to try new foods will help them learn and explore all the healthy foods available to them.
- A child should never be forced to eat a certain food or finish their plate.
- If you are worried your child isn't getting enough calories or nutrients you can cook with full-fat foods, try and blend up some healthy foods and added it to pasta sauce and meatballs, make smoothies and provide age-appropriate vitamins.

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