

PICKY KIDS

4 simple tips to try

Prep veggies ahead of time

- Cut up veggies ahead of time
- When you're making dinner and your kids are hungry, leave them out but don't make a big deal of it (add a dip too!)
- **Some TPM favorites:** carrots, bell peppers, cucumbers, edamame

Get your child involved

- Most kids love helping!
- Tasks should be age-appropriate & can include:
 - planning the menu
 - mix/measure/ pour/mash
 - cracking eggs
 - using a knife safely
 - understand measurements
- **TPM Tip:** this is a great way to incorporate math & fine motor skills practice without pressure

Make food fun!

- Incorporate dips, sprinkles, sparkle dust, cookie cutters and food coloring
- **TPM Tip:** my kids love blind-folded taste testing (for example, different colored bell peppers)

Safe foods

- If your child is hesitant about new foods, make sure there is always a safe food (that they are comfortable with) at each meal.
- Read about the "Division of Responsibility" to help make mealtimes less emotional.