

---

# How to Deal With Picky Eaters and Develop Good Eating Habits

1. Be a role model – eat and serve a variety of foods
2. Provide the structure of regularly scheduled mealtimes
3. Avoid using foods as punishment, reward, or bribe
4. Positive re-enforcement for good eating behavior
5. Offer appropriate portions for age and size
6. Decrease outside stimulation at meal times (e.g. television, phone calls, argument)
7. Sit down to eat – take 15 minutes to calm down before a meal. A child is more fussy when ill, tired, or over-excited
8. Regulate snack times and types of snacks
9. Don't be a short order cook. Offer but limit choices
10. Serve new foods along with favorite foods. Use “one bite” rule where a child must take one bite of the new food before turning it down.

**Parent is responsible** for WHAT, WHEN, WHERE to eat.

**Child is responsible** for HOW MUCH he/she eats.

---

©2002 Chinese Community Health Resource Center  
Revised 01/2010