

# PRICKLY PICKY EATER

Is your child giving you a tough time? Is he not ready to eat his veggies? Does he gag after trying any new food? Does he remain isolated in parties because the served food is not to his liking? You might be scared whether your child is suffering from some kind of dilemma but the truth is quite the contrary; your child might just be a normal picky eater!

Picky eaters might be getting all essential nutrition from their diets but the problem arises when their pickiness becomes a prickly in your daily meal routine or pickiness of your picky eater pillage him/her of proper nutrition. So, how can one solve this problem? How can one encourage a picky eater to eat a diverse variety of food? Let's discuss some methods to avoid any problem arising from pickiness.

## **GIVE RESPECT, HAVE RESPECT:**

Respect your child's appetite. Feed him what you want with a little bit of side dish to give him a new taste. Go with texture and color and put the taste in the next list. Make the new food look attractive; luring your young one to give it a try.

## **WORK ON PRESENTATION:**

Make veggies and other food items that your little picky eater avoids look so charming that he might want to have a taste of it. Use a cookie cutter to give food attractive shapes or garnish food with his favorite dip.

## **MAKE YOUR PICKY EATER, YOUR HELPER:**

When on shopping, ask your little one to choose veggies and fruits. Go with his liking and ask him to help you out with rinsing, washing and battering them so that he might feel a sense of closeness towards, otherwise, precluded foods.

## **PATIENCE HAS ITS OWN REWARD:**

Be patient. Your child might try a new food or dish 10-15 times before finally developing a liking for it. Let him take his time and see the ball finally rolling.