

Fuss of Fussy Eaters

“Fussy” eating is when a child (or adult) refuses foods often or eats the same foods over and over. Fussy eating usually peaks in the toddler and preschool years. Many parents worry that their fussy eater is not getting enough nutrition to grow. But in most cases, he is.

5 Reasons why Toddlers are Fussy Eaters

1. Children have fluctuating appetites.
2. Children have different taste preferences from grown-ups.
3. Life is too exciting and happening and they're too busy exploring
4. It's all part of their social, intellectual and emotional development.
5. Sometimes your child will refuse food just to show their independence because it gets an interesting reaction – from you

One third of the parents worries that their children aren't eating enough. Unless they are ill, the young children will never voluntarily starve themselves.

If your child seems healthy and energetic, they are eating enough. If you are still concerned, keep an eye on how much food they actually eat over the day. For further reassurance, check your child's growth and weight charts or see your doctor. Remember that your child's growth rate is slowing, so intake may reduce.

Stay calm, avoid food becoming a power struggle.

Strategies

1. Be a role Model
2. Start right at right time
3. Follow pot feeding, meal schedule
4. MEALTIME STRATEGIES
5. New food introduction strategies
6. Respect your child

Taking all one by one:

Be a role model

Eat all variety, follow meal discipline, no distractions(tv, toys), sitting on same table, all eating together Explain the concept to child

Start right at right time

Timely introduction of lumpy foods

Proper weaning with variety of foods

Follow pot feeding and meal schedule

No special food for child

No frequent or timely snacking

Mealtime Strategies

1. Ask your child to help prepare a meal.
2. Offer a range of colourful and attractive foods.
3. Encourage self-feeding and exploration of food from early age. Don't worry about the mess.
4. Offer alternative foods from every food group. For example, if your child dislikes cheese, they may eat yoghurt.
5. At the end of the meal, take your child's plate away. If they haven't eaten much, offer them a healthy snack a little later on or wait until next mealtime.
6. Make sure you have healthy snacks available.
7. You can provide milk or 100 percent juice with the food, but offer water between meals and snacks.
8. Always supervise their eating, to avoid any risk of choking.
9. Encourage them to eat sitting down, not running around.

New meal introduction strategies

Small quantity daily with regular food

Attractive design, colour pursue long put it in mouth, let it be removed

Respect your child

Respect appetite and tummy size, don't make it power struggle

Respect independent thought process

Let them live as children, we are not happy staying as adults

Reward them positively

Don'ts

1. Offer deserts as rewards
2. Distractions
3. Threaten, nag or yell

4. React dramatically to fussy eating
5. Power struggle

In case of further queries, you can comment the query on the blog below.

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