

# Fuss Free Mealtimes



Enjoy mealtimes



Allow your child to respond to their own hunger cues



Avoid distraction



Create a mealtime routine



Use non-food based rewards

Fussy eating  
is a challenge for  
many parents –  
you are not alone!  
  
Be patient  
and keep trying



Keep trying



Offer child-size portions



Present food creatively



Be a positive role model



Involve children