



ways to get your

# child excited

about food

Allow your child to choose a new food from the grocery store.

Participate in learning about new food together. Show your child how *you* interact with new food.

Don't be afraid to get silly. Sing a song, dance, eat your food with your hands!

Incorporate new utensils. Toothpicks, skewers, tiny cups, tongs, spatulas, appetizer forks, chopsticks, divided plates, or silly straws.

Set a clear limit of how many pieces of food your child will interact with. Knowing what is expected is helpful with decreasing anxiety.

Remind your child that they don't have to eat. We're all about no pressure mealtimes!

  
HANGRY  
HELPER

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