Here are some tips from Ellyn Satter to help you with your "picky eater":

Divide the responsibility for eating:

<table>
<thead>
<tr>
<th><strong>YOU</strong> are responsible for:</th>
<th><strong>Your CHILD</strong> is responsible for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>what your child is offered to eat</td>
<td>what to eat from the foods offered</td>
</tr>
<tr>
<td>where your child eats</td>
<td>how much he/she eats</td>
</tr>
<tr>
<td>when your child eats</td>
<td>If he/she eats at all</td>
</tr>
</tbody>
</table>

- **Remember**, kids fight back when they feel pressured to eat
- Offer meals and snacks at the **same time** each day.
- Make meals **pleasant**.
  - Eat at the table and talk to each other.
- Offer a **variety** of food.
  - Children have the built-in ability to eat a variety of foods. They will eat a balanced diet if they are offered healthy, balanced choices.
- Respect eating **quirks**.
  - Your child may not understand that a sandwich cut into four is the same as one cut in half. He/she may find carrot slices delicious, but hate carrot strips. Or he/she may eat yogurt today, but refuse it tomorrow. All this is normal!

**What is a Food Jag?**

So, your child wants a peanut butter & jelly sandwich or a bag of popcorn for every meal? Welcome to the world of food jags. The first thing you should know is food jags are normal. Children get in a rut; they want to eat the same foods over and over. The second thing to know is food jags are usually short lived. Just keep offering your child a variety of food and hang in there!

**My child won’t eat vegetables!**

If you’re like most parents, you worry when your child won’t eat vegetables. Here are some tips you can try:

- offer a wide variety of vegetables prepared in different ways
- have your child help prepare the vegetables
- remember, it’s important to be a good role model so eat your veggies too
- Don’t give your child nutrition supplement drinks like Pediasure or Pedialyte unless they are prescribed by your pediatrician.