



**THE LITTLE
SUN**
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*What to Do About
Fussy Eating*



Try some of the following tips from counselors at the Mattroibetho IYCF counseling service.

1 What you can do to prevent fussy eating

a Nutrition

- ☀️ Start complementary feeding at the **right time** – at 6 months (180 days). Do not introduce complementary foods too early or too late.
- ☀️ Give your child the **right amount of food** as recommended for his or her age. Do not overwhelm your child with too much food.
- ☀️ Try to feed your child on time.
- ☀️ Give a variety of foods. Your child needs adequate vitamins and minerals to grow and protect against illness.



b Eating atmosphere and environment

- ☀️ Create a warm and fun atmosphere during eating time. **Feeding times** are periods of learning and love.
- ☀️ Reduce distractions such as watching TV, playing, or walking around while eating.
- ☀️ Do not force, scold, or threaten your child to eat.
- ☀️ **Be patient** and encourage children to eat.

2 When your child shows signs of fussy eating, here are things you can do:

a Food preparation

- ☀️ Instead of giving the same foods every day, give a variety of foods and ones the child likes. A monotonous diet can cause eating problems.
- ☀️ Give foods with different ingredients -- not too much starch or protein.
- ☀️ Offer a variety of tastes and textures to stimulate appetite.
- ☀️ Use colorful foods that are attractively displayed and have appealing smells.
- ☀️ If your child rejects a food, don't worry. Introduce it again later.
- ☀️ Serve colorful foods in small soft pieces so your child can eat without assistance.
- ☀️ Give the child many smaller meals or snacks per day. This is more effective than sitting down to big meals.



b Feeding methods

- ☀️ Please don't fill your child's stomach with foods like chips, juice, water and other liquids, biscuits, and candy. These foods can spoil a child's appetite and interest in nutritious foods. Also, they give energy but no vitamins or minerals.
- ☀️ Feed when the child is hungry. Try waiting until your child is hungry and requests food.
- ☀️ Let your child do some activities, exercise, or take a bath before feeding.
- ☀️ Let your child eat with you and the whole family. You can taste your child's food and let your child try your food. Make compliments about the food and be happy, offering encouragement.
- ☀️ Let your child pick up food without your help.
- ☀️ Praise your child for eating, even if it's only a small meal.



As parents, we want to prepare healthy meals, but sometimes our children refuse the food that we give them.

Fussy eating is a common problem. Here are some signs of fussy eating to watch for.

Your child:

- ☀️ Does not finish the meal or drags out the meal for more than 1 hour.
- ☀️ Breastfeeds less and eats less than normal.
- ☀️ Does not swallow the food but keeps it in the mouth.
- ☀️ Does not eat certain foods like meat, fish, egg, or milk.
- ☀️ Refuses to eat or come to the table.
- ☀️ Feels nauseated when seeing the food.

Please do not feel guilty or stressed; those emotions will affect a child. You can be confident by knowing how to prevent and respond to fussy eating, buying and preparing nutritious foods, serving the food in an attractive way, and patiently encouraging your child to eat.



3 Signs that tell you to bring your child to a doctor

Being a picky eater is common among toddlers. After a year of rapid growth (the average one-year-old has tripled his or her birth weight), toddlers gain weight more slowly. But nutrition remains a top priority. The fact that these little ones are always on the go also affects their eating patterns.

Research shows that most children manage to get the right balance of nutrients needed for healthy growth and development. Toddlers may not eat the same amount every day. Aim for a nutritionally balanced diet over a week, not over a day.

Please try the above mentioned tips.

Consult a doctor if your child:

- ☀️ Has not gained weight in 2 months
- ☀️ Seems lethargic, weak, and/or irritable
- ☀️ Continues to refuse to eat
- ☀️ Suffers from fever, respiratory or intestinal infection, or pain in the mouth or throat