

What do I do if my baby is a fussy eater?

It's normal for babies and children to refuse food, but it can be hard. Here are some tips:

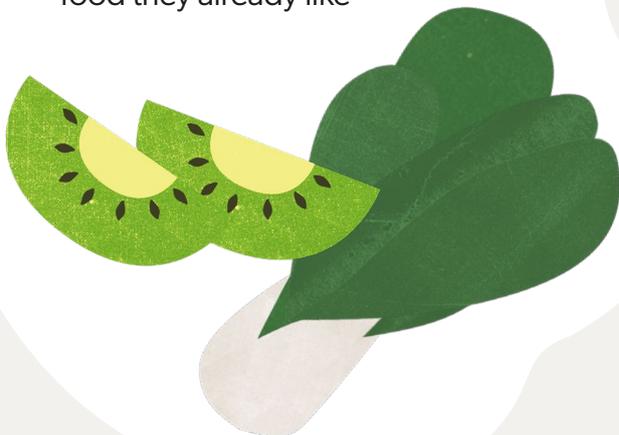
- **Eat with your baby:** eating as a family can help your baby try new foods



- **Don't panic if your child refuses a food:** give it again in 2 or 3 days (some children need to try a food 10-20 times before they like it)



- **Give new food with liked food:** when giving a new or disliked food, offer with a food they already like



- **Keep a meal routine:** this helps your baby feel hungry at mealtimes



For more information, visit:
Fussy eating in children: tips to help |
Raising Children Network



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'From Starting Solids to Cooking for the
Whole Family' visit [melton.vic.gov.au/
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→ **Serve one meal:** if your child refuses to eat, don't make a different meal. You can say, "It's OK if you aren't hungry. You don't have to eat, but this is all we have for dinner tonight."



→ **Give savoury and bitter foods often:** foods like vegetables and grains help your baby like new flavours



→ **Get your child involved:** let your child help with cooking and shopping for food. Let them watch you cook and join in.



→ **Reduce how much milk your child drinks:** from 12 months, your child may not feel hungry if they are drinking too much cow's milk. Do not give more than 500ml of whole, cow's milk per day. This helps them have room for other foods.

