Children at this age are trying to do more for themselves, and do things their way. They may refuse to eat a certain food, or refuse to eat at all. Do not worry. This is a normal part of growing up.

### Tips for Picky Eaters

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| My child will not eat new foods. | • Offer one new food at a time, with foods she likes.  
• Give a small amount. Do not worry if your child does not eat it. Offer it again at another time. You may need to offer it many times before she will eat it.  
• Let her try all kinds of foods, even the ones you don’t like!  
• Do not expect your child to like everything. All of us have some foods we do not like. |
| My child only wants to eat one kind of food. | • This is normal at this age. Let him eat what he wants, if it is a healthy food.  
• Offer him other foods, too. After a few days, he will probably try other foods. |
| My child will not eat what I serve her. She wants something else. | • Try to have at least one food she likes at each meal, along with the other foods.  
• Let your child help with meals. Children like to eat foods they help to prepare.  
• Sometimes offer her 2 choices, and let her pick one. |