

Parenting Tips 'n Tricks #1



Eating for young children is almost always a challenge

So, today we'll concentrate on veggies.

Sometimes pairing a favorite food with one that is not so palatable helps.

Like:

- French Fries and broccoli
- Mac and Cheese and green beans or spinach

Be sure to put the veggie on the plate first... then add the acceptable food once the child has eaten at least a bite of the yucky veggie.

ADULTS LIKE CHOICES AND SO DO KIDS.

Ask the child. . .what shall we serve to night with the pizza? A green lettuce salad or celery and carrot sticks? Remember to always serve the veggie on the plate first... then add the favorite food after a bite or two has been taken. Kids love to help and it will encourage them to expand their acceptable food palate.

ASK YOUR DOCTOR

Where is my child on the growth chart? If your child is in a healthy place, then relax a little about their eating habits. Eventually, they all eat when they are hungry. . . That's when the options should always be something healthy, rather than junk food. Remember also, **veggies can be served any time of the day**, not just at meal time.

If your child needs more nutrition to be healthy, make veggies fun and let them help make them. . . like **ants on a log** (raisins with peanut butter or cream cheese (be playful).

More help needed? Veggies **added to smoothies** will help make the veggies go down without even a wrinkled up nose. Best of luck!