



FROM STRESS TO SUCCESS

4 WAYS TO HELP
YOUR CHILD EAT
BETTER WITHOUT
LOSING YOUR MIND

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Founder of Kids Eat in Color

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Hi! I'm so glad you're here.

Feeding kids is tricky.

I know. I've had the pediatrician tell me my child wasn't eating enough. I also had to teach my second child to learn to eat and try new foods, because he won't do it on his own (aka "he's picky").

I know the day-to-day challenges of having kids who aren't easy to feed.

Maybe you feel defeated and run down.

You feel like mealtimes are stressful. In fact, you may have even cried because you've had it with how badly mealtimes are going. You're worried about your child. **Are they getting enough? Will they be okay? Will this picky eating thing just go away?**

Maybe you're fighting with your partner over what to do. Or you're dealing with this on your own and you feel like you don't have any energy left. Overall, you feel like something is wrong. There has to be a better way.

I created this guide for you.

There ARE things you can do, 4 things, in fact.

Four things that can transform mealtimes and put your child on the road to eating better.

I've seen these 4 things transform the lives of millions of families.

I hope they help your family find less stress and better health at mealtimes.

**~ Jennifer Anderson, MSPH, RDN
Founder, Kids Eat in Color**





1. USE THE 4 MEALTIME RULES

Stop telling your child whether to eat & how much

Pushing your child to eat their dinner or eat a certain number of bites can backfire!

Second, have kids sit to eat their meals

Kids need to be able to sit at an eating place during a meal for safety and better eating. Here's how to get your child to sit at the table using a timer (my favorite timer is on the next page):

Here's how to help your child sit at the table:

1. Start with 1 min. per year of age.
2. Set a sound timer.
3. Make them sit until the timer goes off, then let them get down.
4. Increase time by 1-2 min. every day.
5. Increase until you reach their max attention span. That may be only 5 min. for a walking 18-month-old. It may be 12 min. for a 4-year-old. It may be 20-30 min.
6. Once you find their max attention span, you can switch to a [sand timer](#) so the child can see how long they need to sit.



Your child also needs to be properly supported during the meal, so that they can focus their energy on eating. They need to have a foot support. They will ideally have their elbows and knees at a 90 degree angle.

You can make your own supports, or use a chair with adjustable foot support like the [Stokke Tripp Trapp](#) chair on the left.

Pin it!

Third, don't be a short order cook

You are allowed to choose what foods to serve for meals and snacks. Your child just doesn't understand what they need like you do!

Picky kids often don't like food touching and that's fine. If that's the case, I recommend using divided plates.

Here are some of our favorite divided plates.



WHAT THEY ASK FOR	WHAT THEY GET
	
<p>They're the kid. Free to ask for things.</p>	<p>I'm the parent. I choose what is served.</p>

@kids.eat.in.color

Fourth, don't let your child snack all day

Your child may want to eat all day long (I don't blame them!) This can lead to more picky eating. It can also increase their risk of getting cavities.

2. SERVE THE FOODS YOU WANT YOUR CHILD TO EAT

If you never serve a food, your child will never eat it.

There is another reason why many children become more picky over time instead of less picky. Parents try feeding the child a food once or twice and then they give up.

The thing is, there's no way many kids can learn to like a food seeing it just one or two times.

You need to keep serving it over and over and over.

The way that I make sure this happens in my home is by having a menu that includes meals that repeat often enough that my kids have learned to like them. My picky eater has no problem eating fish, rice, and roasted broccoli and cauliflower (most days ;-). But I've spent years teaching him how to eat and enjoy this meal.

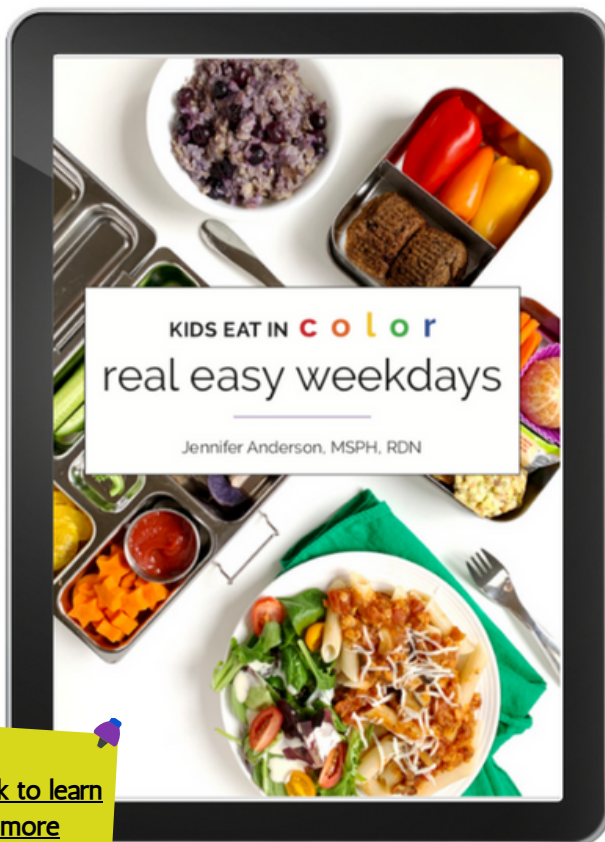
[Click to see on Amazon](#)



If you need help with meal planning, I created an easy meal plan for busy families called [Real Easy Weekdays](#). It's not specifically for your picky eater, it's for your family.

Add on at least one food your picky eater is comfortable with.

Serving a balanced family meal (that doesn't revolve around the picky eater) is extremely important for your picky eater to learn to eat a variety of foods.



A complete meal system

I just wanted to thank you so much for REW! We've been using it for a little over a month. The freezer snacks are such a lifesaver (kiddo absolutely lives the date cookies and the banana lentil muffins). But beyond that, it's really taught me how to balance the types of foods served at meals and snacks so that kiddo isn't hungry five minutes later. I know it was a huge amount of work to put that together, but it has helped me feel a lot more confident as a first time mom who has never really had to feed anyone but herself before.

3. MAKE EATING FUN!

Many kids have no reason to learn to like foods because they have no interest in food. Here are some ways that you can help your child be more interested in mealtime.

Use shapes & colors

Here are some of our favorite cute food cookie cutters & silicone muffin cups that are the most popular among parents:



Click each to see on Amazon

Related Blog Article: [Make Cute Lunches FAST with these Five Easy Hacks](#)

Related Blog Article: [16 Honest Reviews of the Most Popular Stainless Steel Lunchboxes](#)

Provide a new utensil

I've seen my kids eat food they never would have eaten before, just because they had a new utensil! Kids love to learn to use new utensils. Kids can have great new eating success with these eating utensils.



Which would you rather eat?



Related Blog Article: [11 Top Kid Utensils to Get Kids Interested in Food](#)

4. USE ADVANCED TECHNIQUES

Many parents wonder if their child is typically picky or more seriously picky. How do you know if your child needs even more help?

Here are some questions to ask yourself.

1. Is mealtime VERY stressful at your house? More stressful than other parents you know? Do you feel defeated or frustrated?

2. When your child stops eating a food, do they stop eating it permanently? Is their list of foods shrinking?

3. Does your child not eat a whole food group? Like no vegetables or no fruits?

4. Does your child eat less than around 30 foods?

If 2, 3, 4 or more of these things are true, then your child likely has additional challenges with eating compared to a child that is typically picky.



Learning Advanced Techniques

Learning some new advanced feeding techniques can help you reduce your stress and get your child on the road to eating more foods.

Our [BetterBites® Picky Eating Course](#) is the most comprehensive online course for families with picky eaters in situations like yours. In fact, when you join this program, you also get to join the BetterBites community of families in our private Facebook community. The community support you will feel from the other families can be life changing.

“ The [BetterBites® Picky Eating Course](#) provided my family with the guidance and creative strategy we needed to help improve mealtime for everyone. The behaviors shared in the course have already started to help my son learn to like a few new foods. I've become more confident about what and how I'm feeding my son and I no longer dread meal times!

- Sarah Petersen



You can [learn more about it here](#). We open enrollment each month. Join the waitlist to get priority enrollment for the month, if it's not open right now.

***If you suspect your child has a nutritional, medical, developmental or any other problem, we recommend consulting with your child's qualified healthcare provider.**

The [BetterBites Picky Eating Course](#) has helped thousands of families get their child on the road to eating more foods and reduced everyone's stress.



"BetterBites took my picky eater (nine years old) with sensory issues from eating about ten foods to eating a variety of about 30 foods in 4 months (I haven't done it consistently, so our results probably would have been even better).

It's been awesome to watch and I feel it has helped us in ways that I couldn't put a price on. The cost is by far the best investment I've made in the last couple years. We've tried for many years to get him eating more variety and many programs and methodologies!

The BetterBites program by far has been the most successful at making the new foods stick long term."

Sara

When you join the waitlist you will be invited to attend a live video call to learn more about the program and see if it is a good fit for you and your child. You will be able to have all of your questions answered during the call.

[Get on the waitlist here.](#)



The BetterBites program has been a real game changer for our family.

I was going through a real tough time during meals for my 3-year-old when a friend shared this free video call about picky eating. I signed up for the program that night and the first class was so eye opening!

Learning how to do meal times instantly took the stress out of dinner.

Amanda Albright
Mom of a 3-year-old