

# Fuss Free Mealtimes



**Make mealtimes enjoyable**  
Create positive food experiences.



**Repeat, repeat, repeat**  
It can take time for a child to accept a new food.



**Avoid distraction**  
Use mealtimes as a chance to talk.



**Parent provides, child decides**  
Avoid offering alternatives for uneaten meals.

**Support  
your child in  
their food  
journey**

**Be relaxed  
and patient**



**Trust their tummies**  
Let the decision to stop eating be your child's.



**Stick to a simple routine**  
Mealtime routines help children know what to expect.



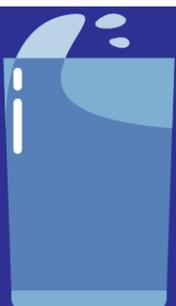
**Food isn't a good reward**  
Food rewards change a child's relationship with food.



**Be a positive role model**  
Enjoy a variety of foods with your family.



**Involve children**  
Let children explore, grow, prepare and cook food.



**HEALTHYEATING  
ACTIVE LIVING**