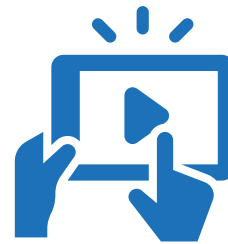




Picky Eaters Family Programme



MOVE MORE INVITES YOU TO JOIN OUR FUSSY EATER FAMILY PROGRAMME!



<https://youtu.be/uvwM8HMIfpk>

You prepare nutritious meals for your family only to be met with “Yuk! I won’t eat that!” attitude. Your children refuse to eat anything that’s not “beige” or doesn’t start with a letter “P” - pasta and pizza. Sometimes they even refuse to sit at the table or use knife and fork. For the peace in the house and your own sanity, you give up and just serve what they want, where and when they want it. Or, if you are more stubborn, you keep nagging and bribing for them to eat just one more bite. Does this sound familiar? Are mealtimes a challenge in your household? Would you describe your child as a “picky” or “fussy” eater? If yes, this programme is for you.

It has been created to help you understand why children can be “picky” when it comes to food and to empower you with tools to help them have a good relationship with food in the long run. Because it is worth remembering that bigger picture: when children grow up most of us want them to have good eating habits and enjoy food. But not many of us realise that not every parenting approach will help our children get there. So, during the next 6 weeks we will be sharing an equal number of facts and practical ideas to help you empower your children to improve their relationship with food and eating.

To do that, you need to:

- Read each installment of the programme;
- Reflect where you are at with regards to topics discussed;
- Use the tools suggested in a way that fits your family and your life;
- Take part in the programme and share your results!
- Join our closed Facebook page for more ideas, tips and ongoing support;
- Share your thoughts/progress/feedback with us via email (marijana@move-more.org) and/or via social media (Facebook page)

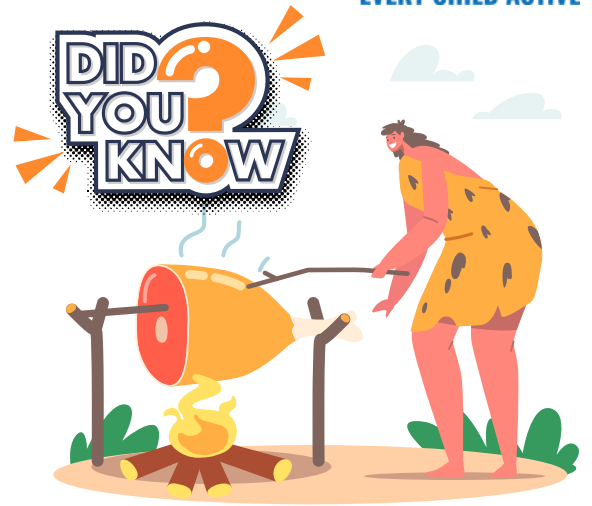
At the end of the process, all the families that take part in the programme and share their activities with us will be put into the prize draw – the winners will be announced at the end of the programme.

We can’t wait to hear and see how you are getting on!



What you need to know to understand picky eating – interesting fact No2:

Blame evolution for your child's pickiness! Due to our hunter-gatherer lifestyle in the past, we ate a lot when we had food and went for a long time with no food at all. So, if you have a child that eats little and often (grazes) or a child that eats "well" only one or two meals, this is very normal. Children are just doing what their ancestor had done for a long time – as gatherers, we would eat little and often while as hunters, we would satisfy all our needs in 5 or 6 hours instead of distributing it across 12.



The Family Mealtime Makeover Principle 2: Given back control!

The second step to encouraging your children to be less picky is to follow this simple principle:

“You are in charge of buying the ingredients and putting food on the table; they choose what/if/how much they’ll eat.”

This principle is all about control. Feeling that they have some control over their lives is one of the basic emotional needs in children. If they don't feel that they have the control, children will try to take it. One of the areas where this commonly happens is eating because we can't make children eat. By rejecting certain foods or insisting on others, children can control the situation and us, both emotionally and physically.

The trick is to step away from the potential power struggle between you and your child by deciding what you'll do (cook the food and not provide anything extra) and allowing them to choose how they'll feel or behave about it. This is incredibly difficult to do but the steps below might help you manage it better.

MEALTIME MAKEOVER 2

To help you apply the “You are in charge of buying the ingredients and putting food on the table; they choose what/if/how much they'll eat” principle, consider the following suggestions:

1

Using the **Move More Crafty Family Mealplanner** (See Pg 4 & 5), plan your meals for the week (as a family) and stick to it: ask your family members to each suggest a meal and decide on other meals yourself. In a kind and firm way explain to your children that you'll only be making and serving what's on the meal plan. Ensure them that they don't have to eat anything they currently don't like. Clarify that there will be nothing else until the next snack/meal.

2

For each meal always include at least one food or element of the meal that you know your child will eat. The purpose of this is to avoid causing children to panic when they come to the dinner table and to help you deal with the



WEEK TWO

“They are going to starve” feelings that this process might cause. This can look like, for example, you serve pasta with broccoli, carrots and peas knowing full well that they won’t touch broccoli and carrots but that they’ll eat peas.



Get arts and crafty! For each day, ask your child(ren) to pick an ingredient from that evening’s meal. Use various craft materials such as paper, paper plates, paint, plastercine or play-doh. See the example completed meal plan (Pg 4) for ideas and share their creations on the Move More Parent Facebook Group.



Serve the food buffet style: put different elements of the meal on different serving dishes and place them in the center of the table. Children serve themselves: encourage your family members to serve themselves to further help them meet their need to be in control. Remember the Family Mealtime Makeover Principle No1 and try not to comment on what your children are putting on their plates and eating (or not eating).

Prepare to be tested!

Your children will most likely test the new rule, refuse to eat what’s on the menu and demand something different. You need to manage this in a kind and firm way:

Validate their feelings

“I am sorry to hear that you don’t like what’s for dinner tonight.”

Stick to the boundary while offering limited choices

“You can either try some of it or not eat until snack time as there is nothing else available at the moment.”

Finish with an encouraging message

“I am sure you’ll make the right decision for you.”



You are invited to join our **NEW PARENT FACEBOOK GROUP** for participating schools. Click on the link to join Move More's Family Health programme 2023/24 & share your feedback, photos or videos of your new **MEALTIME MAKEOVER** dinner tables!



We hope you and your child(ren) find the programme both helpful, engaging and informative. Join in healthy discussion topics and share tips and ideas ❤️ **#PickyEaters**

[WWW.FACEBOOK.COM/GROUPS/591081713029985](https://www.facebook.com/groups/591081713029985)



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WWW.MOVE-MORE.ORG/PARENTZONE

This

EXAMPLE

Share



Mum

Tommy

DAD

ALICE

Thursday

PIZZA

Tortillas
Cheese
Pepperoni
Olives
Mushrooms
Onions



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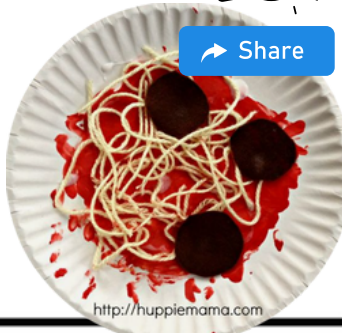
Monday

Spaghetti Meatballs

spaghetti pasta
chopped tomatoes
mince meat
onions
carrots
celery



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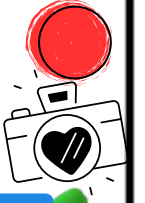


<http://huppiemama.com>

Friday

CHICKEN KEBAB WITH
CORN ON THE COB

CHICKEN
CORN ON THE COB
SALAD - TOMATOES,
LETTUCE, CUCUMBER



Share



Tuesday

HAM, EGG, MASH WITH
GRILLED TOMATOES

Ham
Egg
Potatoes
Peas
Tomatoes



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Saturday

RAINBOW PASTA

PEAS
CARROTS
CUCUMBER
RED PEPPER
SWEETCORN
BLACK BEANS

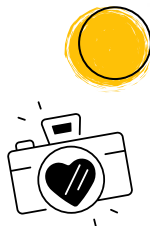
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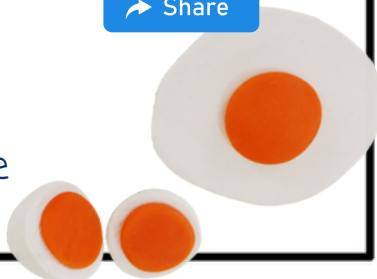
Wednesday

Salmon egg-fried rice

Garlic
Soy sauce
Rice wine vinegar
Carrot
Mangetout
Salmon fillets
Brown basmati rice
Eggs



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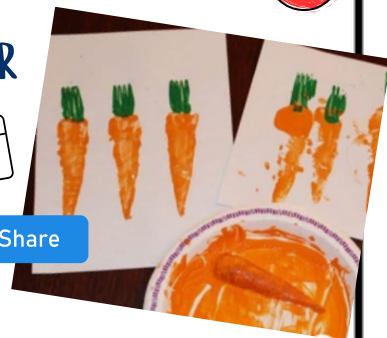
Sunday

ROAST DINNER

BEEF JOINT
POTATOES
PARSNIPS
BABY CARROTS
PEAS
CAULIFLOWER
YORKSHIRE PUDDING - EGGS, FLOUR, MILK



Share



This Week



Share



Thursday



Monday



Friday



Tuesday



Saturday



Wednesday



Sunday

