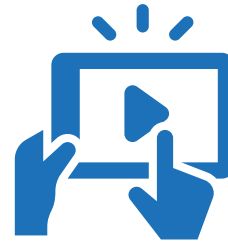




Picky Eaters Family Programme



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



<https://youtu.be/3O5WH9lg2Qc>

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.

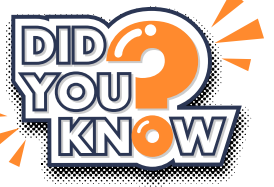
We can’t wait to hear and see how you are getting on!



NEOPHOBIA



 **MOVE MORE**
EVERY CHILD ACTIVE



What you need to know to understand picky eating...

Interesting fact No1:

Food Neophobia, an irrational fear or dislike of any unfamiliar or new food, is often behind picky eating. Many parents are familiar with the scenario where children don't like the food even without tasting it. This often causes much frustration, but it is important to children's survival: long time ago, when we were hunters & gatherers, hungry children would have foraged for food and eaten what they found. Neophobia would have kept children safe by avoiding foods that they have not previously eaten. Most children develop it to various degrees between the ages of 2 and 6. Although for some children, food neophobia persists into adulthood, most grow out of it and learn to eat new food by being continuously exposed to different foods.

The Family Mealtime Makeover Principle 1: Remove the Pressure!

Mealtimes should feel relaxing and calm, not stressful. This is because having a good relationship with food and feeling the pressure to eat don't mix well.

So, the first step to move your mealtimes from testing to more **enjoyable** is to remove the pressure. Think about how you feel when you go out for a meal with friends: usually there is a lot of banter, laughing, some serious chats too and you generally feel relaxed. Does eating with your family feel the same?

If it doesn't, reflect on this because you might be putting too much pressure on children during mealtimes. This pressure might look like adults controlling what is on children's plates, telling children that they can't leave the table unless they eat another bite, nagging, continuously commenting on what they do or don't eat, saying there will be no pudding if everything on the plate isn't eaten...

Some **unhelpful** things adults might say during mealtimes:



"You won't grow big and strong, if you don't eat your vegetables!"

"You are going to sit there until you've eaten it all!"

"Finish that last bit. It's not good to waste food."

"You don't play with your food!"

Although we mean well, these things we do and say aren't helpful. Would you feel comfortable and want to eat if you feel pressured and are hearing all these things being said? Unlikely, and your children are no different.

Try to catch yourself when you start to comment on your children's eating and nag. Instead focus on positives **not** linked to food. For example, notice something good that your children might have done during the day, pay compliments and give appreciations to them. Playing games can also achieve the same goal, such as I spy, The Alphabet game, Stop the Bus, Create a story.



WEEK ONE

MOVE MORE
EVERY CHILD ACTIVE

MEALTIME MAKEOVER



1

Discuss as a family how you can have a MEALTIME MAKEOVER!

Maybe change something on your dinner table (use the change as a visual reminder that mealtimes should feel calm and relaxing, not stressful).

Visual Makeover Ideas: Light some candles, play gentle music, have flowers in the middle, use a different tablecloth or put some fun drink straws or umbrellas in peoples drinks.

2

To start you off we have come up with some fun 'would you rather?' questions! (below)

Either use your phone and get someone to pick a question number from 1-36 or print out the sheets, get your child(ren) to cut out the question cards, fold them up and put them in a bowl. Shake them up and take it in turns to pull out a question from the bowl, read it out loud and each answer it explaining your reasons why.

3

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!

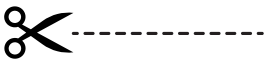
We hope you and your child(ren) find the programme both helpful, engaging and informative. Join in healthy discussion topics and share tips and ideas ❤️ #PickyEaters



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

[@MoveMoreCIO](https://twitter.com/MoveMoreCIO)   

WWW.MOVE-MORE.ORG/PARENTZONE



WOULD YOU RATHER?

Would you rather be a bird or a fish?

1

WOULD YOU RATHER?

Would you rather help clean the room or fix dinner?

2

WOULD YOU RATHER?

Would you rather have no teeth or be fully bald?

3

WOULD YOU RATHER?

Would you rather have really short legs or really long arms?

4

WOULD YOU RATHER?

Would you rather visit every country on Earth or go into space?

5

WOULD YOU RATHER?

Would you rather give up pizza forever or never eat fries again?

6

WOULD YOU RATHER?

Would you rather be invisible or be recognised everywhere you go?

7

WOULD YOU RATHER?

Would you rather have a pet dog or a pet cat?

8

WOULD YOU RATHER?

Would you rather be a shark or a crocodile?

9

WOULD YOU RATHER?

Would you rather play outdoors or indoors?

10

WOULD YOU RATHER?

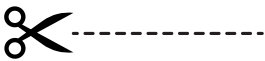
Would you rather have super strength or super speed?

11

WOULD YOU RATHER?

Would you rather be able to stop time or go back in time?

12



WOULD YOU RATHER?

Would you rather be Captain America or Iron Man?

13

WOULD YOU RATHER?

Would you rather live in an amusement park or a zoo?

14

WOULD YOU RATHER?

Would you rather blow fire or shoot ice balls?

15

WOULD YOU RATHER?

Would you rather have five good friends or one best friend?

16

WOULD YOU RATHER?

Would you rather be all alone in the desert or in the jungle?

17

WOULD YOU RATHER?

Would you rather go snow skiing or water skiing?

18

WOULD YOU RATHER?

Would you rather be invisible or be able to fly?

19

WOULD YOU RATHER?

Would you rather be really cold or be really hot?

20

WOULD YOU RATHER?

Would you rather have 4 arms or 4 legs?

21

WOULD YOU RATHER?

Would you rather jump on clouds or slide on rainbows?

22

WOULD YOU RATHER?

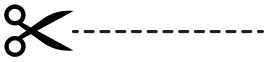
Would you rather predict the future, or change the past?

23

WOULD YOU RATHER?

Would you rather be stuck in a room with a tiger, or in a pool with a shark?

24



WOULD YOU RATHER?

Would you rather be as tall as a building, or as small as a mouse? **25**

WOULD YOU RATHER?

Would you rather learn to play the piano, or the guitar? **26**

WOULD YOU RATHER?

Would you rather be a vegetarian, or have to eat nothing but meat forever? **27**

WOULD YOU RATHER?

Would you rather play with 10 cool puppies, or 10 cute kittens? **28**

WOULD YOU RATHER?

Would you rather be able to shapeshift, or teleport? **29**

WOULD YOU RATHER?

Would you rather have to wash your face with custard, or take a bath in spaghetti? **30**

WOULD YOU RATHER?

Would you rather do 1000 sit-ups, or 1000 push-ups? **31**

WOULD YOU RATHER?

Would you rather eat cereal or eggs every morning for breakfast? **32**

WOULD YOU RATHER?

Would you rather work in a city or on a farm? **33**

WOULD YOU RATHER?

Would you rather run or swim 10 miles? **34**

WOULD YOU RATHER?

Would you rather go to school 8am-2pm or from 11am-5pm? **35**

WOULD YOU RATHER?

Would you rather have to walk backwards forever or speak backwards forever? **36**