

Surviving Holiday Meals

Holiday meals can be stressful for your preschooler or picky eater because of the unfamiliar sights and smells.

Here are some tips to keep the traditional holiday family meals a little happier for you and your picky eater...

Try teaching your child...

- To say “No thank you” when presented with a food that he will not eat at this time
- How to pass a bowl of food around to the next person
- To spit the unpleasant food in a napkin

Try preparing and cooking a dish he may like together. If he is involved in the process he may be more likely to try it.

Remember to bring a dish of a preferred food with you if you are eating somewhere else. Don't worry about insulting your host.

Have fun at the table during mealtime...laugh, tell stories, engage in pleasant conversation. Do not engage in a battle over food.

**** PRAISE YOUR CHILD FOR SITTING WITH EVERYONE AND FOR SURVIVING AN OVERWHELMING EXPERIENCE