

## TIPS SHEET /CHINESE

### Picky Eating 101

#### 挑食101

##### TIPS:

- make sure your child is sitting properly
- make sure to join your child and eat with them
- make sure to decrease snacks so that your child will be hungry at meal times
- keep track of what kinds of foods your child likes and expand from there slowly
- sometimes a child needs to learn to feel comfortable with a food before they can eat it
- this takes time, be consistent and use very small portions

##### 贴士:

- 一定要充分地确认你孩子的坐姿
- 一定要跟你的孩子一起吃饭
- 一定要让孩子少吃零食，这样在吃饭的时候孩子才能感觉到饿
- 发现你孩子喜欢哪种类型的食物，并慢慢做出些孩子喜欢的食物
- 有时候在孩子开始吃一种食物之前，他需要学会喜欢上这种食物
- 这个过程很花时间，需要持之以恒，并从很小的分量开始