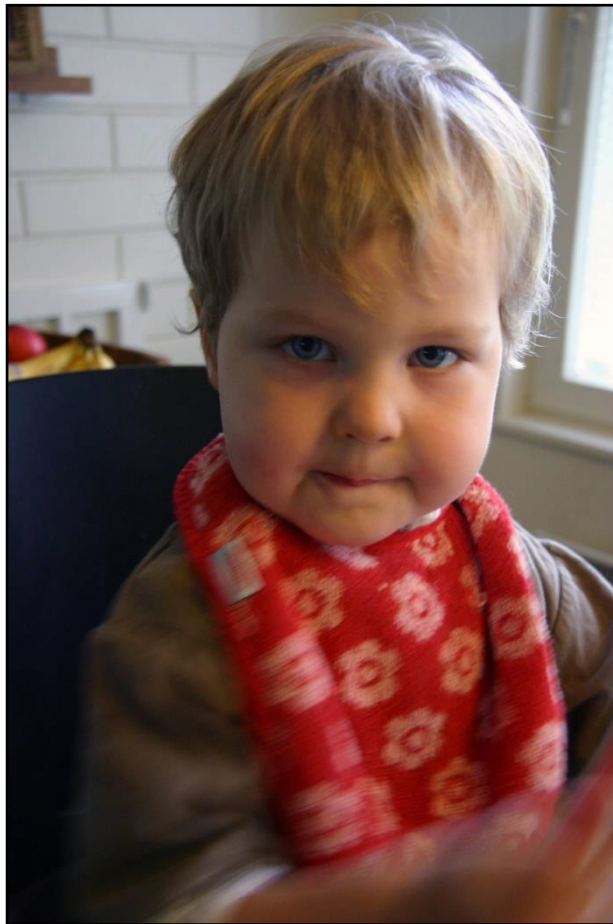


No More Battles with Picky Eating

Self-Directed Education for Parents and Caregivers of Children



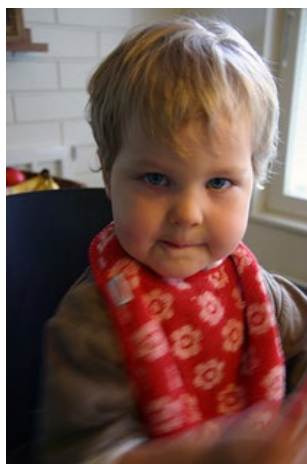
Closed Mouth. Courtesy of [roxeteer/Flickr](#).

This lesson was created by the Michigan WIC Program using Prochaska's stages of change model.

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.

www.michigan.gov/wic August 2014. Revised 2016, 2019, 2020, and 2021.

This institution is an equal opportunity provider.



Closed Mouth. Courtesy of [roxeteer/Flickr](#).

Welcome!

Feeding children isn't always easy!

It's great that you would like to learn more about how to make mealtimes more enjoyable—and healthy—for the whole family.

As a parent, you can help your child eat well.

On the next few pages, you will find helpful tips to get you started.

A WIC nutritionist will be happy to help and to answer any questions.

Do you give your child only the food they want when they want it?



[Ploughmann, Lars.](#)

No – Turn to Page 3

Yes – Turn to Page 4



Veggies! Courtesy of [Linda Aslund](#).

Great!

It is good that you have been successful at mealtimes with your child. This may help your child develop healthy eating habits.

Have you been successful at not giving your child only the food they want, when they want it *for several months*?

Yes – Turn to Tab A

No – Turn to Tab B



[Shankbone, David.](#)

No Worries!

This is very common.

Are you ready to stop giving your child the food they want, when they want it?

Yes – Turn to Page 5

No – Turn to Tab E



“A woman and her son prepare an omelet.” Courtesy of [SNAP Photo Gallery](#).

Excellent!

Are you ready to stop giving your child the food they want, when they want it, *soon*?

Yes – Turn to Tab C

No – Turn to Tab D

[Insert Tab A divider]



Baby Bite. Courtesy of [Pixabay](#).

Congratulations!

It is great you have been successful at not giving your child only the food they want, when they want it, *for a while now.*

Please read the following article(s) to keep being successful when feeding your child.

[Download, print and insert one or more of the Maintenance reading materials below:]

“Tips for Picky Eaters”

<https://www.doh.wa.gov/Portals/1/Documents/8100/961-196-WICpicky-en-L.pdf>

Readability – Grade 3

Also available in many languages including Arabic and Spanish at

<https://www.doh.wa.gov/Publications/WICWomenInfantsandChildren>

“Trying, Sharing, Enjoying Different Foods.”

<http://www.todayschild.us/webadmin/uploads/Trying-Sharing-Enjoying-Different-Foods.pdf>

Readability – Grade 6

“Healthy Tips for Picky Eaters”

https://wicworks.fns.usda.gov/sites/default/files/media/document/Healthy_Tips_for_Picky_Eaters_English.pdf

Grade -

Also available in Spanish at

https://wicworks.fns.usda.gov/sites/default/files/media/document/Healthy_Tips_for_Picky_Eaters_Spanish.pdf

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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provided and return it to the appropriate WIC
Staff.**

[Insert Tab B divider]



Messy Eater. Courtesy of [Pixabay](#).

Great effort!

You should be proud that you have been successful at not giving your child only the food they want, when they want it.

Please read the following article(s) to help you keep being successful when feeding your child.

[Download, print and insert one or more of the Action reading materials below:]

“Encouraging Vegetables”

https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesEncouragingVeg_Eng.pdf

Readability – Grade 5

Also available in Spanish at

https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesEncouragingVeg_Sp.pdf

“We Can!® Parent Tips: Picky Eaters.”

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-picky-eater.pdf>.

Readability – Grade 6

“Phrases that Help and Hinder”

<https://myplate-prod.azureedge.net/sites/default/files/2020-12/PhrasesThatHelpAndHinder.pdf>

Readability – Grade 3

Congratulations!
You have completed your lesson.



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[Insert Tab C divider]



Nice Apples. Courtesy of [Pixabay](#).

Good for you!

You can do it and you're not alone.

Many people find it challenging to stop giving their child the food they want when they want it.

Providing consistent meals and snacks helps your child develop healthy eating habits.

Please read the following article(s) to help you.

[Download, print and insert one or more of the Preparation reading materials below:]

“Tips for a “Choosy” Eater.”

https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesChoosyEater_Eng.pdf

Readability – Grade 3

Also available in Spanish at https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesChoosyEater_Sp.pdf

“How to Make Your Toddler a Great Eater”

https://archive.lib.msu.edu/DMC/extension_publications/wo1006/wo1006.pdf Readability – Grade 6

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Staff.**

[Insert Tab D divider]



Happy Eater.
Courtesy of [ranahaki/Flickr](#).

Wonderful!

It is good that you are considering not giving your child only the food they want, when they want it.

Please read the following article(s) that may help you when you're ready.

[Download, print and insert one or more of the Contemplation reading materials below:]

“Teaching Good Food Habits”

<http://www.todayschild.us/webadmin/uploads/Teaching-Good-Food-Habits.pdf>

Readability – Grade 6.

“Is My Child’s Appetite Normal?”

<http://www.todayschild.us/webadmin/uploads/Is-my-Child-s-appetite-normal.pdf>

Readability – Grade 5

“Healthy from the Start”

<https://www.zerotothree.org/resources/352-healthy-from-the-start>

Readability – Grade 6.

Also available in Spanish at <https://www.zerotothree.org/resources/352-healthy-from-the-start>

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Staff.**

[Insert Tab E divider]

That's ok.

Please keep in mind that providing consistent meals and snacks can help your child develop healthy eating habits.



“A boy and a girl talk during a picnic while grandparents walk in the background.” Courtesy of [SNAP Photo Gallery](#).

**If you would like to learn more,
turn to Tab D.**

**If you are not interested or not ready,
please read the following article(s).**

**If you decide later you want to learn more,
information is available from your WIC office.**

[Download, print and insert one or more of the Pre-Contemplation reading materials below:]

“Healthy from the Start”

<https://www.zerotothree.org/resources/352-healthy-from-the-start>

Readability – Grade 6.

Also available in Spanish at <https://www.zerotothree.org/resources/352-healthy-from-the-start>

“Is My Child’s Appetite Normal?”

http://www.fns.usda.gov/sites/default/files/Nibbles_Newsletter_17.pdf

Readability – Grade 5.

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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