



# How to Encourage Picky Eaters to Try New Foods Without Pressure

## THE GOLDEN RULE: CONNECTION OVER CORRECTION.

Children are more likely to try new foods when mealtimes feel safe, calm, and fun.

### Simple strategies that work

- Serve one “safe food” at every meal (something your child already likes)
- Offer, don’t force. A neutral “You can try it if you want” works better than “You have to”
- Play before the plate. Let kids touch, smell, or help prep new foods — no pressure to eat
- Be the model. Eat the same food yourself and describe it: “The pickle is crunchy and cool”
- Use “no-thank-you” bites. Encourage one polite taste, then let it go

Progress looks like curiosity — not an empty plate.



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