

# Fussy eating in young children

## Worksheets



### Introduction

What are your concerns with your child and family at mealtimes?

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What are your goals with your child's eating?

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What do you think positive progress looks like for your child?

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Think back to the last time your child had a positive eating experience. What do you think made this experience positive? What was the mood like? What foods were on offer? Where was it?

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## Part 1 – Understanding your child



What are some of the behaviours you experience with your child around eating? Are there favourite foods? Does food get thrown around? Does some food come and go? What have you noticed in their food personality?

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How does your child communicate with you? What body language and actions do they use? What words or noises do they use?

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## Part 2 – What my child needs from me



After watching the 'Circle of Security' video, write down some thoughts:

What are some ways your child is 'going out' and 'exploring'? What are some ways they are doing this with food?

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What are some ways you can make mealtimes a 'safe haven', so your child feels supported and comfortable to 'come in' to you?

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## Your food story

Do you have strong food likes and dislikes? What are they?

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How have these preferences changed over the years?

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What was eating like in your family when you were growing up?

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How have these things changed over the years?

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Is what you eat important to you? Why?

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What is your own relationship with food?

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How has your food story influenced your relationship with food?

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## **Food talk and body talk**

How can you change the way you talk about food in your home?

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Note down any changes you could make with your body talk?

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## Part 3 – Family-based approaches



What benefits will your child gain from eating with other people, especially around a dinner table or family eating space?

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What are some things you can do to help you and your child stay within your 'Window of Tolerance' at mealtimes?

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What are some things that might be causing your child to feel pressure around eating and mealtimes? How can you try to reduce this?

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## Part 4 – Moving forward

Offering meals and snacks - ideas			
	What	When	Where
Breakfast			
Lunch			
Dinner			
Snacks			



## Non-eating food related activities

Create a list of activities you can do with your child that involves food but does not directly involve eating it.

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## Reflection



Use this space to write down any positive experiences you have with your child. It can be a good place to reflect and see what has worked. Note even small changes.

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## Survey for Fussy Eating in Young Children

Have you:

- ☐ Completed *all* of the parts and summary?
- ☐ Watched *some* of the parts and/or summary?
- ☐ Chosen to *not* watch any?

We would appreciate your feedback!

We are offering a FREE gift for completion of the survey.

Please take the short survey via the link below. Your comments and feedback – good or bad – are helpful for us to know, to help improve our service and presentations in the future.

You only need to complete this survey one time – please wait until you have completed all of the parts, or you no longer plan to view anymore.

**Follow this link for the survey:**

<https://actredcap.act.gov.au/redcap/surveys/>

**Then enter this code:**

YRT79MDCW

**Or scan the QR code:**



Thank you!

### Acknowledgement of Country



Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. We acknowledge and respect their continuing culture and contribution to the life of this city and region.

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