short order cook

Lunch is served. And you are hungry.
But your child starts to whine. He doesn't like
what you have cooked and refuses to eat.

What are you going to do?

You try to demand that he eat his lunch. But he refuses to even try it. You probably feel like saying

"All right, what will you eat?"

Don't do it!

This is short order cooking.
By cooking a different meal, your child will quickly learn how to get his way - just whine.
He may even start asking for a different meal when you serve family favorites.
And you will have become a short order cook!

how can you prevent this?

1. Plan ahead.

- If you are serving a new dish, **serve some familiar foods** along with it. For example, serve bread, peanut butter and fruit along with a new casserole.

2. Let your child help.

- **Give a couple choices to your child -** "should we make turkey sandwiches or grilled cheese sandwiches for lunch?" Avoid asking your child - "what do you want for lunch?" He may ask for a cookie or candy.
- **Find ways that your child can help in the kitchen:** stir foods together in a bowl, pour foods into a bowl.

3. Set a good example.

- Let your child see you and others enjoying new foods.

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make a table rule

"No bad comments about food while eating"
A small child likes to copy what others say and do. If someone in your family does not keep it a secret.

aste foods. But **never force**
Forcing will only make food
nent. Eating should be fun!

okay
ke every food

ld to spit out a food that
e. Ask your child to spit out
arbage away from the table.
safe when trying a new food
doesn't have to swallow it.

need to try a
o 10 times
likes it.

m

refuse to eat sometimes.
hild see that you are upset.
s very little at a meal,
other meal or snack later.

y snacks to make se fussy times

ses to eat
a meal,
tables
nack.
ses to
meal,
r peanut butter for a snack.

with dessert

t food as a reward will make
eem like a punishment.
will become a special food.

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