

IS MY CHILD A PICKY EATER?

A judgement-free reflection guide for parents



If you've ever sat at the table feeling unsure, second-guessing, or simply worn down by how heavy food feels, you're not alone, and you're not doing anything wrong.

When I talk about support with picky eating, I don't mean fixing a child or forcing change. I mean understanding why food feels hard (for both child and parent) and using that to reduce pressure, protect your relationship, and build confidence over time.

Many parents feel stuck wondering what's 'normal' or when to seek help. That uncertainty alone can make mealtimes feel tough. But support isn't about doing more, it's about doing things differently, with clarity, reassurance, and kindness.

Before changing anything, it can help to simply notice what's already happening at the table, with no judgement or urgency.

OBSERVING YOUR CHILD

When it comes to eating, my child often:

- Feels anxious around new or unfamiliar foods
- Is sensitive to texture, smell, temperature or appearance
- Eats a very small range of foods
- Becomes overwhelmed at meals
- Eats better when there's less pressure or attention on food
- Struggles more in social situations

OBSERVING YOURSELF

At mealtimes, I often notice myself:

- Worrying about nutrition or long-term impact
- Second-guessing whether I'm doing the right thing
- Feeling tense, frustrated or on edge
- Unsure when to step in or step back
- Avoiding food situations to keep the peace
- Carrying food worries beyond mealtimes

VISIT [PICKYEATERPARENTING.COM](https://picky eater parenting.com) TO FIND OUT MORE INFORMATION



WHAT HAPPENS NEXT OFTEN SURPRISES PARENTS

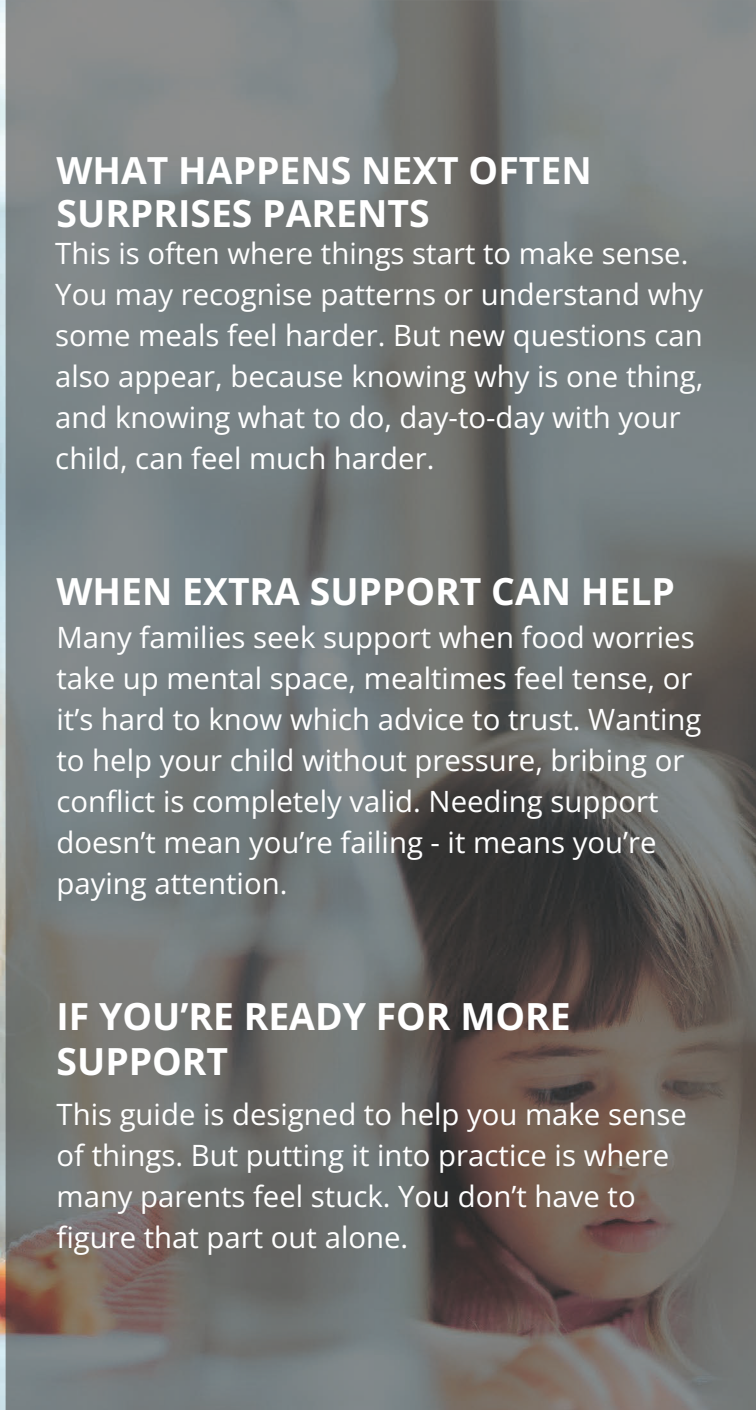
This is often where things start to make sense. You may recognise patterns or understand why some meals feel harder. But new questions can also appear, because knowing why is one thing, and knowing what to do, day-to-day with your child, can feel much harder.

WHEN EXTRA SUPPORT CAN HELP

Many families seek support when food worries take up mental space, mealtimes feel tense, or it's hard to know which advice to trust. Wanting to help your child without pressure, bribing or conflict is completely valid. Needing support doesn't mean you're failing - it means you're paying attention.

IF YOU'RE READY FOR MORE SUPPORT

This guide is designed to help you make sense of things. But putting it into practice is where many parents feel stuck. You don't have to figure that part out alone.



THE PICKY EATER PARENTING COURSE

Picky Eater Parenting is a 5 week, evidence-based programme designed to support families who want a calmer, more confident way forward with food.

Together, we focus on:

- Understanding why your child eats the way they do
- Reducing pressure and stress at mealtimes
- Supporting development with confidence
- Helping parents feel reassured, informed, and supported

There are no quick fixes. No forcing. No judgment. Just calm, practical guidance grounded in children's nutrition science and real family life.



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