Common Mistakes to Avoid

There are some common mistakes parents tend to make when dealing with kids that are picky eaters. While it can be frustrating when your kids don’t like half of the things you prepare, that doesn’t mean you should just make them what they want or try to barter with them to eat certain foods. Here are some common mistakes to try to avoid.

**Making a Separate Meal For Picky Eaters**

A very common mistake that is often made because you love your kids and want them to eat is making them a separate meal. It is extremely tempting to make them a sandwich because they don’t want to eat the chicken dinner you prepared, but this is only encouraging their eating habits. They know they can turn down anything they want since mom is going to cook them something else. Stop being a short order cook and have a rule that they will eat what everyone else is eating when meal time comes.

**Offering Dessert as a Reward**

Many parents do find this to be helpful, but if you have been offering dessert as a reward for finishing a meal, you might want to re-think your approach. There are certain ages where it might be a good option, but if your kids get into the habit of having dessert as a reward for eating their vegetables, they might stop eating them if you don’t have dessert that night. This is where the main issue with bartering with your kids to eat comes in.

**Forcing Your Kids to Eat Everything Before Leaving the Table**

This is something that has been done for decades, but it is yet another bad habit you may want to consider breaking. A better option might be to let your kids leave the table when they’re finished eating, but not offer anything else in return. Forcing your kids to eat by making them sit there and eat everything isn’t always the best approach. They might challenge you by sitting there as long as possible, then feel like they ‘won’ when it is bedtime and you finally let them get up. This can cause their rebellious nature to react in full force and see how much they can challenge you each night. Don’t force them to eat, but also don’t let them eat anything else if they eat their dinner. Eventually, they will realize to have full bellies, they need to eat their broccoli.

**Not Including Them in the Meal Process**

It is a great idea to include your kids more in the meal process. If there is a particular vegetable your son just can’t stand, ask him what vegetables he does like. If he can come up with a better alternative before you plan your meals, then you can make sure he eats his veggies and have much less problems when dinner time comes around.