Develop New Dinner Time Rules

To help encourage your picky eaters to eat the food you prepare them, it sometimes helps to come up with new dinner time rules. Set the rules for every time you eat dinner together, and don’t change the rules or be flexible unless necessary. That way, your kids know what to expect each night and won’t try to challenge you and get you to change your mind about anything.

**Eat Something From Every Food Group**

A good method to try out when you want your kids to eat is to at least ask that they try something from every different type of food you are serving. For example, they don’t have to finish their plate before leaving the table, but they at least have to eat a bite or two of their meatloaf, potatoes, and carrots. Once they try it, then they can decide if they want to keep eating it or not. This can also be used when you are trying to introduce brand new foods they haven’t tried yet.

**Don’t Eat in Front of the TV**

Another good rule to have for dinner time is to never sit in front of the TV and eat. This causes a lot of distractions where the kids might not be focused on their food, but more focused on whatever is on the television. If you sit kids at the dinner table, they are much more likely to eat what is in front of them and become more interested in the food you serve. Even without picky eating, eating in front of the TV is a bad habit to get into. This takes away from family time and having a nice conversation each evening. As this might be your only meal together most days, it is really good to spend it together as a family.

**Nobody Leaves the Table Until Everyone is Done Eating**

While it is true that forcing your kids to eat their food or they don’t get up from the table is true, it is also okay to just ask that everyone stay there until everyone is done eating. You aren’t forcing one child to sit there alone because he didn’t eat all of his soup, but simply asking that to be polite, everyone remains at the table until everyone else is done eating dinner. This helps your picky eaters, because since they’re sitting there anyway, they might become hungry or curious and eat a little bit more of what you serve, even if it isn’t their favorite.