The Importance of Being a Good Role Model With Eating

If you want your kids to eat the food you prepare them, you need to start by eating the same thing. You can’t expect them to eat all of their vegetables or to eat what everyone else is eating if you aren’t following the same rules. This can become confusing to your children, since they look up to you to show you how things work. Here are some things to do when you want to be a good role model with eating.

**Try New Things**

One of the biggest struggles related to having kids that are picky eaters is getting them to try new things. They already know they like carrots, so if you try to serve cauliflower, they want nothing to do with it. Once they try it, they might like it, but just getting them to take that first bite can be a daunting task, especially with toddlers. However, you can try setting a good example by trying new foods yourself. Let your family know everyone is going to try a new vegetable or a new recipe together, and you and your significant other along with all the kids will be trying new foods. Do this often so your kids know you also try things you have never eaten before.

**Eat the Same Meals as the Family**

Another way to be a good role model when you are eating is by always eating the same meals as the family. If you are trying to teach your kids the lesson that they have to eat what is served, but you change up what is on your own plate, it can be confusing to them. If you are on a strict diet, try to make your food resemble what your family is eating as much as possible. For the most part, you should try to think of healthy dinners you can eat within your food restrictions that are also well-balanced meals for the entire family.

**Follow a Healthy Diet**

Just showing your kids that you eat healthy the majority of the time can help teach them that this is an important thing for them to do. As your picky eaters get older, they will be learning that even if something sounds gross or isn’t their favorite, they should still try it since it is good for them. This helps reduce their unwillingness to try new things and encourages healthy eating, which helps your kids in so many ways as they get older.