How to Encourage Your Kids to Try New Things

As you might already know, getting your kids to try new things is sometimes the hardest part with picky eaters in general. Once they find something they like, they won’t fight it, but getting them to try Brussels sprouts or peas when they already know they love broccoli and carrots, is quite the challenge. Here are some helpful tips for getting your kids to try new things.

**Create Fun Names For the Food**

Creating fun names for new foods you want your kids to eat can work great, especially if they are younger. Toddlers might hate the look of broccoli and the sound of it isn’t that appealing either, but if you call them ‘little trees’, which they definitely look like, they might become more interested in them. Whenever you are serving a new vegetable or fruit, try to think of a fun and cute name that might be a little bit more appealing.

**Give Them the Opportunity to Try it on Their Own**

Sometimes you just need to be patient, serve the food often, and wait for your kids to try it on their own. It may not seem like it now, but eventually your son or daughter will keep seeing the same food on their plate and eventually get curious and try it. It sometimes helps to be patient and let them try it on their own than try to force them to eat it right away. This does take some persistence, but if you’re lucky, it will pay off and they will have found a new food they enjoy that is also good for them.

**Present it in a Different Way**

Another good idea for getting your kids to try new things is to present the food in an entirely new way than what they are used to. You can try to cut the vegetables into fun shapes or put the brand new fruit on skewers like kebobs. When kids have food presented in a colorful or creative manner, they are often more inclined to give it a try.

**Serve it With Something Else Similar**

This works well when it is a vegetable or fruit you are trying to introduce. If you want your toddler to try cauliflower, you can try serving broccoli and carrots or other veggies in a little dish with some cauliflower in it. They are bound to try some of each vegetable since it is all together and they look fairly similar to each other.