

# KixCare TIPS

## Why Won't My Child Eat Their Dinner?



Is your child refusing to eat dinner? Are they crying because they don't like the food? Not hungry? Or too tired? Here are KixCare's top tips to help make sure your child eats their dinner!

- 1 Remind yourself about all the changes children go through and what might be happening in this situation. For example: **Are you trying to make them eat more vegetables? Did they eat too many snacks after school?**
- 2 **Give them options for meals.** Ask them if a simple swap of an ingredient would make them enjoy the meal more.
- 3 **Limit access to all those yummy snacks** and tell them why you're limiting access.

Cut here for a colouring sheet for your little one

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