

10 Tips to Get Your Toddler to Eat! Maybe

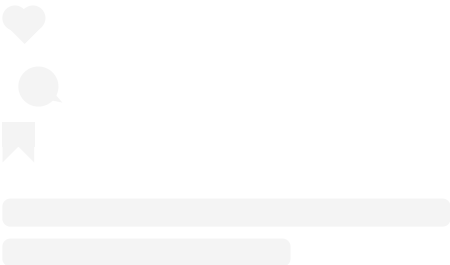
Description

Feeding Avery has never an easy task, and I assume that's how it goes for any toddler. Unless it involves some of my [healthy homemade bread](#) or anything with [NuttZo](#), feeding her is never a simple ordeal.



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Each day brings a new attitude, so weâ€™re never sure what weâ€™ll get when we lift her out of the crib. As the day progresses, we usually go through all of the moods listed on a mood ring, some that arenâ€™t, and by the end, weâ€™re all on high alert for the next change. If you are or were a parent to a toddler (or baby or any kid probably), youâ€™re probably nodding in agreement to at least part of this. If not, whatâ€™s your secret?

When first feeding her solids, we went the [Baby-Led Weaning](#) route and although difficult at first still, sheâ€™s actually really good at grabbing her food and feeding herself. But when it comes to things that need utensils, thatâ€™s still a work in progress.



She does try, but most times it goes on the floor, her lap, our lap, on the cat (seriously), or just all over the highchair tray.

There is still plenty of time to go in this wishy-washy eating stage, but so far, we have 10 tried and true tips to get our little girl to eat with us. Donâ€™t get me wrong, some days not even these will do the trick, but 8.45 times out of 10, one of them will work.

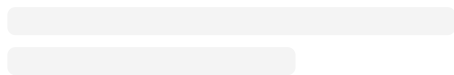
1. **Classic airplane** â€“ Yeah, it still works. She doesnâ€™t even know what a plane is yet, but just making loud sounds and moving the spoon all around (tip â€“ donâ€™t do this with soup) takes their attention off the food and sometimes theyâ€™ll just open their mouth. Use that time to get a bite in!
2. **Let them hold the lid** â€“ If you have a container like a Tupperware that their food is in, rinse off the lid and let them hold it while feeding. Tell them they need to keep it safe since it covers the food and *maybe* theyâ€™ll buy into it. Or just have something to play with as they allow the fork/spoon to feed them.
3. **Watch out for the flies!** â€“ Avery is quite the [fly catcher](#) and loves clapping her hands in the air any time I mention the pests. This is usually good for one or two bites, but if I say she needs to finish her food before the flies get it, sometimes she gives in and thatâ€™s a win.

4. Give them their own utensil – Preferably a spoon since a fork can get a little pokey (Going Mom and I both know), and a knife because, toddler. Having their own utensil is empowering, and they love having –control–. Or, again, something to play with. But this does allow you to at least try and teach them how to use a utensil. It worked for us before–!



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5. **Don–t offer, just do –** Yes, this could be bad and result in spilled food as they quickly turn their head and shake their arms in refusal, but it can also work. I have found that when asked if she wants to take a bite, she usually shakes her head, but if we just bring the food to her mouth in silence, she–s more apt to take the bite.
6. **Read a book –** This has been our go-to option during dinner every night lately. Kelley offers her food, she shakes her head and turns away, I open a Dr. Suess book to read a few lines and the

magic gate (i.e. her mouth) opens. It has worked every time so far. Not sure how or why, but give it a try. Hey, I rhymed!

7. Use sturdy produce to *produce* results â€“ Something like an orange or small winter squash that can withstand toddler abuse (to a degree) keeps their attention off the task at hand, eating, and on the cool food in front of them. As they explore the food, take each chance you get to feed them. Plus, you can teach them about the food they are playing with and/or throwing on the floor.
8. **Wait for a yawn** â€“ Okay, so this one is not highly recommended, but I admit to doing it before and it works. Use it as a last resort and only on very soft food or liquids so the donâ€™t choke. As they yawn, just sneak that spoon in there!
9. **Screen time** â€“ Again, not the best option as we have yet to really introduce her to watching TV, but she loves looking at the screen on our computer or phone. On those days you just donâ€™t feel like dealing with a fussy eater, pull out your phone, turn on the TV, or bust out the computer and play something kid-friendly on [YouTube](#) or the like. I feel guilty for admitting it, but this works and itâ€™s just so hard to quit!
10. **Make good food** â€“ Duh, make sure the food youâ€™re giving them tastes good. I am by no means saying give them sugary and/or fatty processed food, but donâ€™t expect them to take to that kim-chi right away. My wife has told me simple is better when I cook her dinner, and that approach works well for both of my girls. That, and adding goat cheese seems to work. Please, just keep it healthy too. Itâ€™s [vital to how your kid grows!](#)



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Hopefully youâ€™ll find at least one of these helpful. You can combine a few to increase your food-to-mouth chances too. Let them have their own spoon with an orange to play with as you read a book out loud. Yeah, it doesnâ€™t make for a glamorous meal, but it can be fun and hey, they eat! Sometimesâ€¦

Have you developed any tricks to get your little one to eat?

Which one of the above tips will you try first?

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