

# Introducing New Foods

Getting children to try new foods can be difficult, but it is important to not give up.

## Modeling

If you (the parent/caregiver) eat the new food with the child, they will be more inclined to try it because they want to copy your behavior. This allows the child to feel less pressure as it becomes more motivating to eat what someone else is eating.

## Variety

Providing your child with various new foods will allow them to choose what they want to eat while also allowing them to try something new.

## Temperature

Temperature can also be a deciding factor for children when they're trying new foods. Sometimes they might like food when it's cold but not when it's hot, or vice versa. Before giving up on one food, try cooking it at a different temperature first.

## Pairing

Try pairing new foods with something the child already likes. This will make the food more appealing to your child.

## Shape Matters

When presenting new foods, some shapes may appeal to the child more than others. If at first, your child doesn't like a food when it's cut into squares, try presenting it again to them and cut it into another shape to see if this makes a difference.

## Don't Give Up

Oftentimes, parents think that just because you introduce a food one time and their child doesn't like it means that they will never like it. However, studies have shown that it takes anywhere between seven and 21 tries to determine whether or not someone actually enjoys a certain food. Additionally, children become naturally selective around 18 months of age. Remember to continue to introduce a variety of foods so your child doesn't get into a food jag.

