

# Is your child a fussy eater?

## When does fussy eating become a concern?

If your child is fussy with their eating it can make meal times stressful for the whole family. Fussy eating can also impact a child's health and development. This can include:

- **Delayed oro-motor skills such as sucking, chewing and swallowing**
- **Not getting enough nutrients**
- **Slow growth and constipation**

## How can I help my child?

- **When possible, serve food at the same time and same place each day**
- **Remove toys and devices**
- **Share meals together as a family**
- **Encourage your child to try new foods by eating those foods yourself**
- **Involve your child when you are buying food at the shops and preparing meals**



## When should I get help?

It is recommended to seek professional support when:

- **Fussy eating is caused by sensory sensitivities with food textures**
- **If your child will only eat less than 15-20 different foods**
- **If your child has challenging behaviours at mealtimes**

## Where can I get more information or support?

*If you are concerned about your child's fussy eating you can talk with your:*

- Local Child & Family Health Nurse
- Doctor (GP) or Paediatrician
- Local Community Health Centre

You can also visit:  
[raisingchildren.net.au](http://raisingchildren.net.au)  
for more information on fussy eating



## Important points to remember

- **You know your child best, if you think something is wrong, seek help**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**

This resource has been developed by the 'Stronger Seeds Taller Trees' project.

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.

[South Western Sydney Primary Health Network](http://SouthWesternSydneyPrimaryHealthNetwork.com.au)  
([swsphn.com.au](http://swsphn.com.au))



**STRONGER SEEDS, TALLER TREES**  
Increasing early supports to improve child outcomes

*Insert your contact details here*