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## Combatting little fussy eaters

Sydney Local Health District has partnered with Ethnic Community Services Cooperative and dietitians to create Fuss Free Mealtimes, a resource to help childhood educators and parents deal with fussy eaters.

Developed in English as well as Arabic, Korean and Chinese these resources encourage parents and carers to get children involved in meal preparation, allow children to respond to their own hunger cues, and be a positive role model by demonstrating healthy and consistent eating habits.



The District's Healthy Children Initiative Manager, Helen Dirkis said the new resource will open up new avenues in tackling the difficulties in managing fussy eating in children.

"Fussy eating is a barrier to children receiving adequate nutrition, but resources are not easy to navigate for those with English as a second language.

"We hope these new resources will assist parents and carers, and give them strategies they can put into daily practice," Ms Dirkis said.

The new resources include an A2 poster and fact sheets for parents and carers of children and are available at [www.slhd.nsw.gov.au/PopulationHealth/HealthyChildren.html](http://www.slhd.nsw.gov.au/PopulationHealth/HealthyChildren.html) or by contacting Helen Dirkis on 9515 9059.