Aptamil Helping you to give your baby a healthy start

Tips for fussy eating babies

How to encourage your baby to eat a variety of food

If your baby only sticks to eating a few firm favourites, they will be less able to develop a taste for a more varied and balanced diet, and can easily become a 'fussy eater'. But try not to worry too much; almost all babies go through a fussy-eating phase. However, it is important to try to get as much variety as possible into their diet, to ensure they get the nutrients they need.

Here are some suggestions on how to encourage your baby to eat a wider variety of foods:

- Lead by example – try some food yourself and make appreciative noises and expressions, so your baby understands it's something pleasant.
- Start small – smaller portions are less daunting and you can always offer a bit more if they enjoy it.
- Offer portions of different tastes, so if they don't like one thing, they can try something else – but avoid offering their favourite food too frequently.
- If your baby spits something out, try it again another day – perhaps mixed in with a little of their favourite food. Remember - you'll probably have to be patient!

If you're worried that your baby may be a fussy eater, get in touch with one of our feeding advisors. Either call us on **08457 623 628** or use our confidential instant messaging service, Live Chat.