

## **Normal Eating Habits of Children**

- Can't sit still (for very long)
- Plays with their food (makes a mess)
- Refuses to try new foods (wants same food all the time)
- Refuses to eat
- Wants to feed self
- Eats a lot one day & not much the next
- Wants something else (than what is served)
- Wants food a certain way (not touching, cut a certain way)
- Likes a food one day and not the next
- Turns head, pushes spoon away, cries, makes faces (baby)