

Khana Nahi Khata

"Ek chammach kha lo... please?" — roz ka dining table Olympics

KYA KARO

1. Aap decide karo KYA aur KAB milega
2. Bachcha decide karega KITNA khayega
3. Ek safe food hamesha plate par rakho

YEH BOLO

"Yeh dinner hai. Khana zaroori nahi."

Phir: kuch mat bolo. Khud khao. Plate ko kaam karne do.

YEH MAT KARO

- ✗ Airplane chammach, cartoon, roti leke peeche
- ✗ Force ya bribe — pressure se zidd badhti hai
- ✗ Alag "special khana" banana on demand

SCIENCE KYA BOLTI HAI

Naye khane ko pasand hone mein 10-15 try lagte hain. Bhookh asli dost hai — beech mein kitchen band.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/picky-eating

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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