

Taming the Tiny Titan: Your Picky Eater



Let's turn picky eaters into adventurous explorers on a delicious journey to healthy eating!

Mealtimes can be a delightful dhamaka (explosion of fun) for your little bachcha (child)! This newsletter equips you to guide them on a delicious quest, fostering a love for healthy Indian food.

Understanding Their Pasands: Just like any explorer, your child has unique pasands. Let's delve into the reasons behind their food choices, exploring developmental stages and even spice sensitivities. Do they gravitate towards vibrant colors like in aachar (pickle) or familiar textures like soft rotis?

Understanding these pasands can help you navigate their food world.

Transforming Mealtimes into Playful Safaris: Forget the rona-dhona (fuss)! Discover creative ways to turn dinner into a playful safari, filled with exploration and discovery. Let's transform mealtimes into a positive and engaging bhojan (meal) experience. Imagine building a paratha fort or embarking on a fruit shrikhand (yogurt) treasure hunt!

The Power of Khel: Incorporating khel with food is a great way to spark your child's curiosity about different desi dishes (Indian dishes). We have to encourage them to explore new tastes and textures in a playful way. Let them play with cookie cutters to create fun vegetable pakora shapes or make a raita (yogurt dip) rangoli (decorative pattern)!

Fueling Their Adventures with Delicious Recipes: Let's delve into some healthy and bachcha-approved meals. Plus, we'll share tips on how to sneak in those hidden veggie "khازنه" (khazane - treasures) for a well-rounded diet. Sneak in some grated carrots into your child's favorite dal makhani or make a vibrant smoothie packed with hidden greens! They'll be none the wiser and getting the poshan (nourishment) they need.

Ditch the pressure and celebrate their efforts, not just a clean plate. Every bite of a new food is a victory on their adventure!

Tricks to get them to eat:

Mealtime Magic

The Power of Play

Structure and Consistency

Involving The Child

Positive Exposure

Focus on the Journey, Not the Destination
