



First Aid and Childcare Courses

Specialising in courses for: • Domestics • Parents • Childcare Workers • Au Pairs

Fussy Eaters: Help at Hand!

All moms know at some stage the exasperation of having a child who just will not eat! It is important to remember that children very quickly learn that eating is an area in which they have a **lot of control**, and that refusing to eat brings them **a lot of attention!** Sometimes children will refuse to eat just for the attention it brings them! At Educare, we offer the following advice:

There are many ways to tempt a child to eat, but here are some important things that you should NOT do when faced with a fussy eater:

- *Never try forcing a child to eat.*
- *Never punish a child for not eating.*
- *Never offer food as a bribe or a reward.*
- *If the child refuses a meal, do not offer him something else instead; just take the food away without a fuss.*
- *Try not to show that you are cross, upset or worried when the child does not eat.*
- *After feeding, be very gentle child while wiping his face and hands. Do not be rough! Remember that their skins are very sensitive! Use a soft, warm cloth and wipe gently.*
- ***Do not give cold drinks, sweets, chips or biscuits while a child is being fussy and refusing meals.***

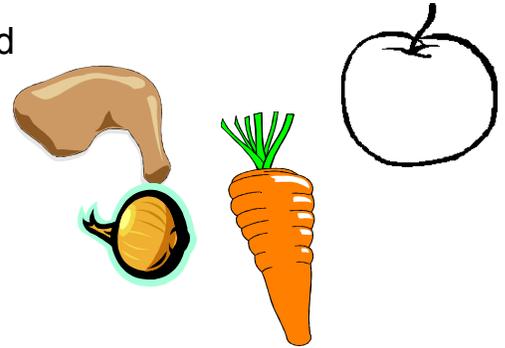
Children need balanced and nutritious meals and diets in order to grow and thrive. Educare offers a “Cooking and Nutrition for Kids” course to help Moms or Domestic workers ensure that their children are eating balanced meals and getting the best nutritional value from their food.

The course covers feeding tips, handling fussy eaters, cooking methods and over 80 delicious recipes covering purées to pastas and lots of delicious finger and lunchbox snacks like this one:

Chicken and Apple Patties

excellent in school lunches or picnic packs!!

- 1 large apple (Granny Smith), peeled and grated
- 1 medium carrot, grated
- 2 large chicken breasts cut into chunks
- 1 medium onion, finely chopped
- ½ tablespoon fresh parsley, chopped
- 1 ½ cups fresh breadcrumbs (2 slices bread)
- ¼ cup flour or dried breadcrumbs (for coating)



1. Squeeze a little of the juice out of the apple and carrot, then mix everything except the flour for coating and blend in a food processor for a few seconds or use a stick blender.
2. Use tablespoon-fuls to make little patties, coat in flour or crumbs and fry in a little oil for about 5 minutes or until cooked. You could also shape them into fingers, and serve them with a dip.