**FINAL-MASTER-TEMPLATE**

**jenny-jenny:** Like you want chicken nuggets and Mac and cheese every night okay. So how can we make this a little bit different? How can we also this is a, another tip that can help cause we don't want them becoming so super particular and rigid with their food. We want to encourage them to be flexible, eat eaters so fine.

[00:00:16] You're having Mac and cheese. Can it be like, how can we change it tonight?

[00:00:22] **INTRO:** Hi, I'm Sarah Kuhn. Welcome to the Juneau women podcast, where I sit down for candid conversations with women who are experts in their field and share their specific knowledge so that we can become better equipped to handle all things. Motherhood,

[00:00:35] a women is an extension of Jonah, a fitness and nutrition app created to help guide you through your trying to conceive pregnancy and motherhood journey.

[00:00:43] Everything we do at Juna is designed to empower and support you through one of the most incredible and challenging times of your life.

[00:01:30] **jenny-jenny:** Great. Yeah, I'm super excited to be here, Sarah. Thank you. So I'm Jenny Friedman. I am a registered dietician and I'm a picky eating expert. And. It did take me a little while to get here, but this is where I've always meant to be. And this was really where I started. When I was first becoming a dietician, I was always interested in how we can help kids learn how to eat and how we could have, help them grow into adults who ate nourishing diets and ate a variety of foods.

[00:01:59] So I started working with kids in schools and I was part of some research studies on how we can help kids be healthier and learn to eat more fruits and vegetables. And. It took me a little while. Like I got lost along the way in my dietician journey once I got licensed, but I eventually found my way back to doing just this.

[00:02:17] It did initially start working with kids on the autism spectrum and I wanted to help. Improve symptoms through diet, but I quickly saw that there were so many barriers to them eating a nourishing diet that we really needed to get to the root of these problems and help them learn how to accept new foods, how to be comfortable with new foods, how to eat all of the really challenging foods, which are also the most nourishing ones very often.

[00:02:40] And so that's where I got to where I am today. Helping just kids who really struggled to eat, find more comfort and confidence with eating.

[00:03:22] Yeah, for sure. And so I do refer to it as a spectrum as well. Yeah, so you're totally on the ball, but so what we've got what we think about is there tends to be something that we is fairly like recognized as a fairly common thing and misses picky eating. So we'll call this maybe typical picky eating, or it's like the stuff that you're reading about online and in magazines and that, your friend at the park is talking about.

[00:03:43] And so this is a developmental stage that we see a lot of kids go through. Many kids go through around the age of maybe 15 to 18 months up until. Anywhere from two to five years old. And that's when we see kids who just their diet and their preferences seem to start to change. So maybe they start rejecting foods that they used to eat.

[00:04:01] They start to, maybe their diet becomes a lot less varied than it used to be. And we tend to think that this might be for a number of reasons. It could be a change in their. Actually like their food, their taste perception. So things that used to taste, okay. Now she's really strong or funky. It could be due to decreased nutrient needs.

[00:04:23] So young kids need a lot of nutrient needs when they get older, their growth slows and they need to eat less growing independence and also asserting some control can all be factors that go into this sort of typical picky eating. And this is something that we see kids grow out of.

[00:04:38] And usually it's not something that impacts like their growth or their like nutrient levels. They're perfectly healthy. This is okay. They just prefer, like white bread and they no longer want roasted salmon. So this more like extreme, picky eating kind of the other end of the spectrum and something that we see kids not really grow out of.

[00:04:55] And it's not a phase and it's not necessarily something that's related to development. We often see that there's some sort of underlying issue that can cause difficulties with eating and like very strong food aversions. Maybe it's a sensory aversion or like a sensory sort of dysfunction.

[00:05:10] And so they're become very, they maybe prefer like certain texture of food.

[00:05:16] **jenny-skuhn:** Got it. And so for the purpose of this podcast, we're going to just talk about general picky eating this stuff like my daughter is doing. So you mentioned it. Kids start showing specific food preferences around 15 to 18 months.

[00:05:35] **jenny-jenny:** Yeah. So I think this is where we start to see. Maybe see a change in those preferences. So there's a lot of research that kids, like in the invent age, even, or stage, they start to develop these, like it's they're like laying the groundwork and the foundation for having these preferences.

[00:05:54] Flavor preference can start, when kids are starting to learn how to eat, but I think we see a change in those preferences. And also I think a change in their taste perception closer to that, maybe 15 to 18 month range.

[00:06:07] **jenny-skuhn:** Okay. So basically when my like 10 month old spit something out, he's not like spitting it out because he's showing preference. He's just spitting it out because that's what infants do.

[00:06:17] **jenny-jenny:** It is worth seeing. And I think about this a lot because we're actually just starting to feed my son. Who's. We're about six months old, so I'm really getting into it now. But at that point he might have a preference and he's still learning though. And so this goes for really anyone at any stage is that it takes a lot of time to learn to like a new food.

[00:06:37] And, that goes for like the flavor and the texture. There's so much that goes into it. It's such a big IX, like eating is. There's a lot going on there when we put food in our mouth, because it's not just the taste or just the texture, it's everything altogether. Yeah. When he's spitting out food and he's 15 months old or 10 months old, nine months old, I think that we should not take that as a Ooh, they do not like that.

[00:06:59] There's just an opportunity for us to keep going. And really let's try to cement that, that their experience within cement they're like for it.

[00:07:09] **jenny-skuhn:** Got it. Okay. And so when how does picky eating start to show up? What are some things that we will see our kids do and we're, and it's like, Oh, this is, I see what's happening here. And I'm going to try and get in front of it.

[00:07:27] **jenny-jenny:** Yeah. So I think we start to see, it can probably look like a bunch of different things. One would be maybe a. Rejection of previously preferred foods. So often, like this is just what people always say to me, like broccoli and roasted salmon. They used to love those foods. And then one day they just know, so we might think those foods start to fade.

[00:07:49] Maybe some of the foods that we think of is more flavorful or a little more complex in some come in some way. Those foods might start to drop off or fall out of flavor fever. We might start to see a preference for more bland foods. We might start to see a decrease in total intake over time.

[00:08:08] And we might start to see an increased, Ooh, like particular. I can't get the right word, but a finicky Ana. Like a preference, no, I really only want it that way. Like I only want the sandwich cut this way. I need to have the CRA cuts crossed off.

[00:08:25] So it's this they become a little bit more finicky and a little less flexible with food. We might also start to see a hyper attention to detail at this point. Oh my God, there's a green flag. Or I see a pepper on the pasta. So those can be maybe some red flags that you are entering into this stage.

[00:08:40] **jenny-skuhn:** Oh, God, I, Oh my, I just like to think about my, my, my daughter just became acutely aware that there was like a tiny piece of Bazell in the gnocchi that she used to eat every single day. And now she won't go near it.

[00:08:55] **jenny-jenny:** Yeah, it's right. It's been there all along. Like we've always had pepper on our food and the green, the is all the parsley. Those are particularly offensive.

[00:09:03] **jenny-skuhn:** It's so offensive and it's it's the thing is and I will get to it because I know I'm doing things I shouldn't be doing, but I'm like, you like it, like you've liked this. You've eaten it. What's what, why it's what's going on? Oh, it's it's fun. So I guess when that starts. I guess actually let's just, let's get right into it.

[00:09:24] When that starts. Like, when we start to notice that they are doing that, and they're definitely like narrowing the scope of the food that they're eating, what should we do?

[00:09:37] **jenny-jenny:** Keep cool. So we can go. Okay. So it's important. So many things that you can do, one is continue to offer a variety of foods. It's great. If you can eat dinner together as a family, that's another thing. And when you do that, then you're able to have hopefully like a wider variety of foods on the table, and you can serve that anyway.

[00:09:56] Can be helpful also to give them a little bit of choice, whether say like it's pasta night, do you want wheels or elbows giving them a little bit of say, or even giving them like the options on the table. So instead of just giving, scrambled egg and this is what's for breakfast, you could, if you can, this feels very high maintenance.

[00:10:13] But it can help is I want to get them their protein. They're going to give them like a scrambled egg in a hard-boiled or give them kind of two protein options so they can pick because around that age where we see it as picky, eating calm, like these kids want to be in control. And that's part of it too, is eating is one of them, a few places they say eating and potty training or going to the bathroom.

[00:10:31] I really like the two areas where kids can be in control of their bodies. Giving them opportunities to be in control can be helpful. Eating together also gives you the opportunity to model that food. What are other things, get them involved? I love if they can be involved in cooking, that's another way we got a little bit of control and like getting kind of their buy-in is really helpful.

[00:10:51] And then Sarah, you mentioned it's so tempting for you to like, get stressed about this and for you to want to assert your control and be like no. You used to love that. Come on. This is the same. And it's really helpful if we can back off a bit, like I, I feel like every parent who's ever looked at what to do about picky eating has heard, we don't want to pressure.

[00:11:09] Pressure is subjective. It can look like different things to everyone, but really pay attention to your child and just think about if you're coming, they're cool and collected, and you're not worrying about it. You know that this is a phase, you're doing all the things that you can be doing and exposing them to food and knowing that they will regulate their intake and eventually get what their need.

[00:11:26] Then it gets, it makes a, that trickles down to them and puts everybody in like this, like chill or cooler state of mind. And then mealtime eating's a little bit easier. We don't want our kids going into a meal stressed. We don't want them feeling like. I have to do this, or I'm not going to do this because mommy wants me to do it.

[00:11:41] So as much as we can have this lovely calm dinner experience, which is obviously easier said than done, but it's something to aspire to.

[00:11:52] **jenny-skuhn:** Yeah, no, it's I it's I hear you saying that and I know it to be true. It's and I think so many people who are listening that have kids that are, Picky eating right now. It's one of the hardest things for me to do is to continue to offer variety. When I know it's just going to be wasted and it drives me up the wall.

[00:12:17] Like I, like I'm like I put these things on their plates and they just. Keep ignoring it and and I know that you're like that even just having it sit on their plate is a good thing, which by the way, my daughter won't even let some of those things sit on her plate still.

[00:12:30] But I'm like, it's get this thing off of my plate. So I guess, what is your advice for when. Like w when it seems so easy to be like, okay you want chicken nuggets and pasta again? I'm sure that's what I'm going to continue to put on your plate because I know you'll eat it.

[00:12:52] **jenny-jenny:** I think that there's, there's a balance you do always need to provide like a preferred foods to me, that your child will eat when they come to the table. If that is a chicken nugget, every single night, then, let it be the chicken nugget and let's try to get something else on there as well.

[00:13:07] Keep those portion sizes really small too, just cause you mentioned like the waste and I'm so big on that. I don't want to waste food at all. Use your freezer or use like leftovers, just cut things super tiny that can work. And you know that this is a place, then maybe we can get them involved.

[00:13:24] Like you want chicken nuggets and Mac and cheese every night okay. So how can we make this a little bit different? How can we also this is a, another tip that can help cause we don't want them becoming so super particular and rigid with their food. We want to encourage them to be flexible, eat eaters so fine.

[00:13:41] You're having Mac and cheese. Can it be like, how can we change it tonight? Can we. Make it a little bit thicker. Can we put a little bit of sprinkle some Parmesan on it, like a different, brand as much as you can continue to introduce. Small changes, variety. Even if it, is not technically like the variety that you are striving for.

[00:13:59] I think it was really helpful. And the other thing I, I forgot to mention for variety for what can you do at this point? And when you are offering those foods so if they're not going to eat it, can we do something else? And of course, if this is something we could go very far into, child's uncomfortable having food on their plate.

[00:14:15] They probably don't want to touch it. But I do getting hands on with food, like getting kids, touching their food and playing it's such a great way for them to start to feel more comfortable and work up to eating and start to develop that positive relationship with food.

[00:16:10] **jenny-skuhn:** That is one thing I will say. I have, I'm never done with my kids and I see it on your page all the time. And I'm like, Sarah, you should really try that with Kyla because like my oldest son is pretty good, but but like my middle kid is just Jeez wants chicken nuggets every day.

[00:16:28] Forever. She would eat. And apparently I was the same, so I guess I'm getting exactly what I deserve,

[00:16:35] **jenny-jenny:** No, there's no eating pharma.

[00:16:39] **jenny-skuhn:** my dad would have me feel otherwise. your daughter, is you exactly you from when you were doing three? I was like, okay, good.

[00:16:48] **jenny-jenny:** And you turned out era. That's give me some peace of mind.

[00:16:52] **jenny-skuhn:** Thanks. I'll take it. Yeah, so I have never done that and I feel like now I have three, three kids that I'm trying to feed dinner to. I'm also trying to cook dinner for my husband and I'm like, Oh my God is this something like, is, does this really work?

[00:17:08] Because if it does, then I will take the time to do it. But. But if it doesn't, I'm like, is this, does this work is my question.

[00:17:16] **jenny-jenny:** Yeah. So I look, what I think about is if we continue to just serve them, the only thing that they want all the time, then we're not even giving them the opportunity to like, when they start growing out of it to try something new and those. I think with all of this stuff too, it's just so flow.

[00:17:35] And like you are in it, every meal to you is is a big deal. And it's a big opportunity. And it turns into a failed opportunity. And you're not only doing this for dinner every night, but you've, you're like you're packing lunch, you're making lunch and you've got, two to 17 different snacks throughout the day.

[00:17:52] And there's breakfast. So it feels like it's so hard to be the parent when you're like, okay, these are the tips I'm doing it. I'm serving the variety. I'm making it look good. I'm giving so many options. I'm including them. And then nothing happens. My experience is that eventually something should happen, and that we're still giving them that motivation.

[00:18:13] We're still giving them like this exposure. They're getting the, all of these different, smells and experiences are watching you all of that does eventually add up. And it's like when we're least expecting it, something great will happen. They'll eat something you're like, Oh my God, we weren't even working on olives.

[00:18:29] Like I've never, mentioned it before. And like suddenly you're eating them. I do see something positive happening and it's just like the old, so hard to be in and every day. So I always say be really patient, be persistent. And you're doing the best you can.

[00:18:42] **jenny-skuhn:** Yeah, no, that's I it's you, I like that analogy too, because I always think about it with the with like brain development. Like one of the parent coaches that we had worked with was like, you're just like paving these neural pathways. And so you're going to have to say it, a hundred times and then.

[00:18:58] One day out of nowhere, they'll just do it and we've seen that happen. So it would be nice for it to happen with food too.

[00:19:08] **jenny-jenny:** I know it will. And so I'm working with parents who, like we said, are like at the other extreme and they've been working on it for years and they get all of these like magic surprises. And, there is their progress will definitely happen. It's probably not.

[00:19:23] When you think it will happen and it's not going to look like what you expect, but there's definitely a light at the end of the tunnel.

[00:19:31] **jenny-skuhn:** Good, by the way, when does picky, like when are we cause like my son's four and a half and he is we'll try. He's like very open to trying things. And so I got it. I'm trying to think of like, when that started though.

[00:19:48] **jenny-jenny:** Anywhere from I really feel like he's in the sweet spot. Maybe. Because I would say that so like the picky eating can start around ish 18 months and can go until you're about like two or five. Or like two, five ish and every kid's going to be different. So I think he's right in that range.

[00:20:04] And that's right. And that's why you just always want to give them the opportunity. We don't know when there's no like real expiration date on this, so

[00:20:11] **jenny-skuhn:** Out of nowhere, he just started eating salmon and we were like, Oh, it was like one of those, like back away from the table he

[00:20:18] **jenny-jenny:** I know. You're like, Oh, that's great.

[00:20:23] **jenny-skuhn:** Okay, so you, one of the things that you post about a lot, and I love it is food bridging. Can you describe that and when you would use it and then we can go through some examples.

[00:20:34] **jenny-jenny:** Yeah, for sure. So this is really just my term for food chaining, which is not something that like I created, there's a whole wonderful book on this, but the way I really think about it, if like we're, we're creating a bridge, that's leading us to a different food. We start with a preferred food.

[00:20:50] And the idea is to me, subtle changes that will eventually lead you to an entirely new food. So this could be. Something like just changing the brand of chicken nuggets, or maybe we realize, okay, chicken nugget is a preferred food. I'm willing to try a breaded chicken tender or, and that's going to help lead me to do more types of chicken or more types of breaded meats.

[00:21:11] So we're just like changing the shape or maybe instead of trying a different chicken. Formed for other meats. We're like, okay, we want to work towards fish. Fish is a goal. So let's go from a breaded chicken nugget to like a fish and I'll get to a fish stick. And then eventually we can do like a breaded fish, Patty, or a burger, something like that.

[00:21:32] And you make all of these sort of little changes over time that will lead you and bridge to a completely different food. And that's just a helpful way to expand the diet without kind of, like plopping down a piece of Brock lambing, please, just come on.

[00:21:45] **jenny-skuhn:** Eat it right now when you're doing that. Cause I I love it and I've tried it. And I'm wondering when you say over time so if I'm at let's say I'm actually trying to get out of the chicken nuggets and I want to move to grilled chicken or, whatever would I put is it. Like it is it incremental?

[00:22:04] Like I give her, three chicken nuggets and a piece of regular chicken or, and then like how gradual is the bridging like, cause I feel like even just one change is still a change that they don't want to see.

[00:22:19] **jenny-jenny:** yeah, so true. And this really depends on your child and it probably depends on the food as well. So the bridge could start with something like. It really depends. It could be something, Hey, we are changing the color of the Mac and cheese. So we're going from that very orange to a white cheddar.

[00:22:38] And maybe that's our first step towards like naked pasta or even like adding a new sauce or, wherever we're going with that. So it could be something that's subtle that way. For some kids, that's going to be huge for some kids. That's okay. For some kids we need to change the shape of the pasta for some that's going in.

[00:22:55] That could be very offensive for some and totally okay. For some others. So even how you make these changes. You can change how you make the changes. So maybe you combine like the two types of pastas or you just have one little noodle there. So it really depends when kids, will be totally okay with a new brand of nuggets and some need to make them smaller.

[00:23:13] So it's really just paying attention to how your child's going to respond, or, you might know, like your daughter is very particular about this sort of thing. So that's. The food and the area where you need to make smaller changes and be more, more gentle and more patient probably

[00:23:30] **jenny-skuhn:** Got it. And what obviously we know that offering variety is super important, but what is the worst thing? The what's the worst thing that can happen if my kid eats chicken nuggets and pasta every night,

[00:23:41] **jenny-jenny:** I mean nothing, so my concern and so it might be okay, so like the very worst, if we're really going here, if she is living off of chicken nuggets and pasta are we missing key nutrients there? So we're not getting any fruits and veggies, like what's going on with her vitamins and minerals.

[00:23:59] So that's a bit of an extreme Scenario, extreme situation, most kids, especially like when they're going through this just picky eating phase, do not reach that point. And if you can get in like a gummy multivitamin thumping and or like a smoothie, a pouch, then you're, you're okay.

[00:24:16] Like an applesauce, not really something you have to worry about, but that is worst case scenario. My concern is that if they are seriously only eating two foods and they're eating these same two foods, the exact same way every single day, like they're going to get sick of them. And what if they don't.

[00:24:31] Want these foods anymore, or like what happens when they get tired of them or what happens when the company changes like the chicken nugget package or the brand, something about it and they refuse and then you're left with no foods. So that's really, I think the extreme and I'm, that's my biggest concern and why we want to get them okay.

[00:24:48] With those small changes. But I think most kids don't really, don't really fall into that scenario too often.

[00:24:57] **jenny-skuhn:** Yeah, let me be very clear. My, my daughter does not just eat chicken nuggets and pasta but I, like I always, I wanted to ask the question because I think a lot of people are just like Like how bad is this? Do, is this the war that I want to have?

[00:25:12] **MUISC:** I don't know about you guys, but eating healthy foods in the first trimester of pregnancy seemed like an impossible feat. That's why I started ordering bumping blend smoothie cubes. These smoothies were absolutely life-saving for my first try symptoms of constipation and nausea made by a mom.

[00:25:26] A friend of mine. These super easy smoothie cubes are designed by dieticians to support common sense. Pregnancy symptoms like mine, but also Dysport mama lows, like mood swings and anxiety, low energy and trouble sleeping, and many, many more. All you have to do is pop the bump and blends into your blender, add liquid and enjoy a delicious smoothie made just for you.

[00:25:46] They have over 20 flavors. So I never got bored of them and are made with a hundred percent, all natural whole real foods. So they're safe to share with your kiddos and even your babies.

[00:25:55] However, I used to make my smoothies when the kids were in school, so I didn't have to share, but that's just me.

[00:25:59] You do you seriously? They're vegan cookie dough flavor. I made the mistake of letting my daughter eat once and I couldn't open the freezer around her with, without her demanding them. So. By everywhere. They were nice enough to pass along a special discount for our listeners. You can use the code J U N a@checkouttosaveonyourfirstorderatbumpandblends.com.

[00:26:19] Again, had to bump in blends.com and use the code J U N a to get 20% off your first order.

[00:26:27] **jenny-skuhn:** Now I want to dive into vegetables because this is both of my kids will eat broccoli until the cows come home, but there is literally no other registrable that they will eat willingly. And I'm just like, okay, how do I set up a. Bridge so that I can get them to eat another vegetable.

[00:26:49] And like I put, I know that you're not supposed to sneak vegetables in anything but I do because I just want them to at least have that taste. It's almost like the taste is in there. And so when it shows up somewhere else, it's not so shocking to them. But do you have any tips on expanding vegetable intake?

[00:27:04] **jenny-jenny:** Yeah. You can definitely think of bridges. And often when I think about bridges for vegetables, I think about baked goods. So can we go, like this has been the theme of my week. It's Oh my God, my kid is so unbelievably picky, but like any treats, quote, unquote treat, they will eat no problem.

[00:27:21] And it's they are smart, little smart, little bikes out there. I think that incorporating a baked good can be helpful. So is it, like a sweet potato muffin or a zucchini bread? If there's something like that, but we'll eat or they're really into pancakes or muffins or, like loaf breads, can we get like some vegetable in there?

[00:27:38] Can we start with the puree and then get it a little chunky make it like increasingly present. So that can be a great way to think of a vegetable bridge. This is where it can be fun to hands-on play. Maybe you can grow a garden, like plant some lettuce because there's, or tomato plants kids get, you'd be surprised.

[00:27:55] And I know so many kids who will eat something from the garden that they will never eat, like in the kitchen. But that's another thing you could gain weight. It's crazy. They're they're getting hands on. They're feeling like that sort of ownership and involvement. So they are, and that's like empowering.

[00:28:10] So they want to do that. And just thinking too what will they, what might work? And yeah, we don't typically want to like hide, I don't think we just don't want to be sneaky about it, but if we, are incorporating like vegetables and sauces and yeah, we're planting that flavor seed and that's really helpful.

[00:28:27] And then we can bring it out a little bit, can be a good buy and any sort of play, like arts and crafts we're painting with Asparagus we're making like corn stamps Mr. Potato head all your flower head, whatever landscapes, like all of that stuff can help make the food seem a little bit more comfortable.

[00:28:45] And don't forget if you've got a dip lover anything like ketchup or tomato sauce, like pesto that, that can really work as well as a nice nice stepping stone.

[00:28:55] **jenny-skuhn:** It's it's so funny. I, my kids both love catch-up, but they like only use ketchup exclusively for their chicken nuggets. And anytime I've tried, like the I'm like I put a veteran, you can dip it and catch up. Go ahead, dip it and catch up. I swear. You love it.

[00:29:10] **jenny-jenny:** no, I love what you're saying. That's great.

[00:29:13] **jenny-skuhn:** Oh, the way I got my daughter to love broccoli is she dipped it in butter.

[00:29:17] So

[00:29:17] **jenny-jenny:** Perfect. That's fine.

[00:29:19] **jenny-skuhn:** exactly. like healthy fats. Exactly.

[00:29:23] **jenny-jenny:** We might, we need to make these foods tastes good. And yeah, broccoli on its own. I don't know, that's an acquired taste, but broccoli and butter. Delicious.

[00:29:31] **jenny-skuhn:** Delicious. So my question with playing with food is, especially because you bring it up with art as well is if my kid tolerates playing with it will she actually eventually dry it?

[00:29:43] **jenny-jenny:** there was no guarantee I wish there were. But the idea is that they're becoming more comfortable. So there, this idea of neophobia fear of new things. And so we are giving them an approachable way to start to get to know this food. So sitting down and saying please. Injustice thing and make it become part of your body.

[00:30:01] It's like a really big, scary thing. But if we're saying like let's get silly and have fun the way we get silly and have fun all day long, that's much more approachable. And then every time they're interacting with the food and they're touching in and smelling it, they're getting their body more information on what to expect and they're getting more familiar and more comfortable and even more confident just on their ability to engage with this food.

[00:30:22] So with the play, no. Even though it's not enough, but we really want to start to bring it away from just touching and also to maybe smelling and licking and potentially getting it into the mouth, moving it closer to the face as they start to feel comfortable with it. And that's really what can help lead to eating.

[00:30:39] And you can even take baby steps and Ooh, we're going to pop it in our mouth and spit it out. Just get a little bit silly and really think about like stepping stones. We're not ready to eat it yet, but can we chew it and spit it out? Can we like it? And if you can incorporate those into play, so it's not so obvious kind of that we're what our ulterior motive is.

[00:30:57] And sometimes, the reason I like play also is because the table can feel like a really intimidating space and they know like I supposed to eat at the table, but if we're doing it at like our play area, then, it's much more approachable all of a sudden. So I don't think that there's, I can't tell you a timeline and there's many studies are better done than, we need.

[00:31:17] Does it exposures to a new food and we need to taste it a dozen times, but I think all of that's very fluid and you're going to find that there are some things that are just much easier for kids and like for your kid things that are much harder. So I would just expect it to, try maybe not to have expectations and just try to have positive experiences instead.

[00:31:35] **jenny-skuhn:** I'm curious I have two questions. My first one is I'm convinced that I enabled. A picky eater with my second kid, because when my son was in his picky eating phase and he got more limited instead of continuing to give my daughter what we were eating, I.

[00:31:57] Gave her what he was eating. And so it's I almost was like, all right to be fair, I'm not going to give him, I'm not going to throw myself under the bus here because like she saw what he was eating and was like, I want that I don't want, I don't like your food. But so it was like, did I make things worse?

[00:32:13] Because when she was younger and her. Like when I'm in like 10, 11, 12 to then 15 months is it possible to make it worse? Like when they're much littler or to not, do you get what I'm asking?

[00:32:29] **jenny-jenny:** Yeah, and this comes up a lot. It's so hard with kids because they do just want to do whatever their siblings are doing. And like they're the role models too. And that's why it's important for you to eat with them because you're a role model as well. I don't know that you made it worse. I just think that's a challenge and that.

[00:32:44] I think that we can say that's also a phase that they're going through it where I just want to eat this stuff. And they also see their, I don't like, I think that there's just this thing where they somehow know this food is not what we bought, but like it's so highly appealing to them.

[00:32:57] And then they, this older sibling eating and it seems, like that's so cool. Cause we want to do everything that our big brother is doing. That's just where I don't think he made it worse. I think it's just a really tough situation. And that is why again, it's just important to continue to show them the other food as well.

[00:33:13] And this should be something, that with all of this maintenance with something you didn't mention is eliminating, grazing, having them come to the table, hungry and having a meal time routine, and continuing to expose them to new foods and getting hands-on hands-on and getting this variety that all of that should eventually come together.

[00:33:29] And you'll have this, these kids who eat a wide variety of foods.

[00:33:34] **jenny-skuhn:** And my last question about siblings is when they both have. Different preferred foods. I feel like that's like a challenge I've been running into lately and I get nervous about, in two years from now, when I have three kids who have all different I'll call it even a safe food.

[00:33:49] Like it's I know, okay. I know my daughter will eat sweet potatoes if I put sweet potatoes on the, but my son hates sweet potatoes. So I need to make him something else. That's like when I think about the starch or whatever, and I'm just like, Oh my God, I feel like I'm going to have to make three different things that are all preferred for each of them so that they have a safe food.

[00:34:10] Is there any way around that?

[00:34:13] **jenny-jenny:** I don't think so. I think it's just finding packs that make it easy for you. And, the reality is uh, you need to, your job as a parent is to feed your kids like that. That's important. So if they're all eating different foods, then yes, it's. Having different foods, but maybe that's where you can be a little bit lenient on yourself about okay, this doesn't have to be the most beautiful, delicious, amazing meal or we're going to just have like sweet potato.

[00:34:38] We can, we're going to have it like Monday, Wednesday, Friday. No, or you don't need to have a fruit and vegetable and a green thing and a, beautiful starch. We can get a little lenient on that way just to make it easier for you. Cause I've seen, like some amazing examples out there and it's Hey, we're having, I mentioned We're having eggs two ways, fish, two ways, vegetables, two ways, making something for really everyone and giving them choices.

[00:35:02] And I just cannot imagine doing that. I think it's just doing the best you can and yeah, they need to come to the table and have something to eat. So think about what's important to you or maybe you rotate them like one night, one kid gets the preferred protein the other night, like they only get a preferred starch and that's okay.

[00:35:19] Cause if by the end of the week, it's going to balance out.

[00:35:21]**jenny-skuhn:**  Actually that's a good tip. It teaches them that not everything is fair.

[00:35:25] **jenny-jenny:** Yeah. Yeah. And it's just hard. It is Harding and what, the discussion and this doesn't come up for me as much in my work. It's Ooh, we don't want to cater to them all the time. So that too is just thinking I just need to get something they'll eat.

[00:35:37] So they, so they eat, so they feel good and they get nutrition and they tend, grow and survive. And thinking about it over the course of the week is also a way easier and way more practical than thinking about it over the course of a meal in a day.

[00:35:52]**jenny-skuhn:**  I try and do as much prep in advance so that like my brain doesn't have to explode at five 30 every day.

[00:35:59] **jenny-jenny:** Yeah, I'm finding that very helpful in my that's a new thing that I'm working on and it is hard, but it does really help.

[00:36:09] **jenny-skuhn:** It's like just do the hard upfronts. And then it'll save you time in the week. Thank you, Jenny so much. Why don't you tell everyone where they can find you and you also talk about your eating with ease program. Cause I think for moms like me, that would be helpful.

[00:36:24] **jenny-jenny:** Yeah, of course. You can find me, Jenny Friedman, nutrition.com is my website. On Instagram, I am at feeding picky eaters. And so my eating with ease program is amazing. It's a new group program that I have for parents of extreme picky eaters. Although, I'm not going to judge what that is.

[00:36:44] So really everyone is welcome and it's been just such an amazing. Like opportunity for parents. There's picky, eating stuff can feel really isolating and really difficult. So it's a way for us to connect while learning all of these strategies. So we'll go all into that, building bridges and variety and everything, and really great detail.

[00:37:04] And then I'm here to coach you throughout the way. And You can also connect with other parents and it's just been such a great way, to help parents start to feel more confident about this and see the light at the end of the tunnel. And like they're feeling more ambitious are seeing great success and just feeling really supported and optimistic.

[00:37:20] And it's been really wonderful. So

[00:37:26] **INTRO:** Okay. That's all for today. If you like today's episode, please share it with a mom and friend and leave us a review. If you're pregnant, postpartum, or trying to conceive, you can download the Juna app completely free for seven days.

[00:37:37] The app is available for iOS and Android and is designed to be your guide for all things, health and fitness for this very special time of your life.

[00:37:44] If you have any suggestions for episodes you would like to hear, or anyone you think would be a great guest on the show, please email me directly@sarahatjuna.co. Thank you so much for listening and I'll see you next week.