



# On Demand Child Care Training

*Featured module:*

## Picky Eaters: A Guide to Responsive Feeding

One of the most rewarding nurturing experiences for families and caregivers is to satisfy children’s hunger for food. When children display eating behaviors that adults perceive as “picky” or “fussy,” mealtimes fill adults with anxiety and stress. This module explores ways to incorporate responsive feeding techniques beginning in infancy to develop healthy eating behaviors in children who may experience sensory issues and neophobia with food.



### Learn to:

- Identify reasons young children may respond to food with “picky eating” behavior.
- Examine strategies for responsive feeding techniques in early childhood that support healthy eating behaviors.
- Describe positive support techniques for healthy eating behaviors in young children.
- Discover how to engage parents in responsive feeding practices.
- Develop a plan to address “picky eating” in the early care and education setting.

Spanish modules available  
Eligible for CEUs  
Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

[extension.psu.edu/youth/betterkidcare](http://extension.psu.edu/youth/betterkidcare)



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Claudia C. Mincemoyer, Ph.D., Better Kid Care Program Director  
2182 Sandy Drive – Suite 204 State College, PA 16803

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