



DANIMALS
LET THEM BE
GIANT
ALL SUMMER LONG!



FEEDING KIDS WITH MORE CONFIDENCE

Real-life support for the moments that make feeding feel hard. If feeding kids came with one clear instruction manual, parenting would be a whole lot easier. Instead, most parents are sorting through nonstop advice about protein, sugar, snacks, “good” foods, “bad” foods and whether their child is getting what they need to grow. It’s confusing, frustrating and emotionally exhausting.

Feeding kids is hard and there’s so much nuance because there is no one-size-fits-all approach. Children are learning, growing, changing and communicating in ways that don’t always make sense. This guide is here to offer practical, research-backed support for some of the questions parents ask most, so you can feel more confident supporting your growing kid.

YOU’RE WORRIED THEY’RE NOT GETTING ENOUGH

It’s incredibly common to zoom in on what your child skipped instead of everything they’ve eaten across the week. But our goal is to meet children’s nutritional needs over time, not in one meal, one snack or one tough day.

What actually helps:

- Zoom out and look for patterns over time
- Offer regular meals and snacks
- Include familiar foods alongside learning foods
- Create regular opportunities to explore a variety of foods

PARENT TOOL

Zoom Out Check

Ask yourself: Have they had chances this week for:

- Foods that give energy?
- Foods with fiber?
- Foods with calcium?
- Foods they reliably enjoy?

YOUR CHILD IS IN A “PICKY EATING” PHASE

“Picky eating” and food refusals can feel personal, but most of the time they’re not about the food itself. Children may refuse foods because of developmental changes, growing independence, sensory differences, unpredictability or simply because they’re having a hard day. Instead of seeing your child as a “picky eater,” try seeing them as a *‘learning eater,’* still learning about food, their preferences and the world around them.

What actually helps:

- Pressure-free repeated exposure
- Predictable routines
- Playful exploration
- Meeting kids where they are

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Invite Playful Exploration

Focus less on the bite and more on making food fun:

- Give a food a funny name
- Do something silly with food, like a red pepper mustache
- Use your five senses to talk about it
- Create opportunities to learn about food outside of mealtime

YOUR MEALTIMES FEEL TENSE

If dinner feels stressful, you’re not failing. When we’re worried our kids aren’t eating enough, pressure can feel like the only tool we have, but it often increases resistance. Pressure can sound like: “Just try one bite.” “If you eat this, then you can have dessert.” And “But you liked this yesterday.”

What actually helps:

- Involving kids in meal planning
- Offering familiar foods alongside newer foods
- Shifting the focus of eating to connection and conversation
- Keeping a simple backup food that doesn’t require making a second meal

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Pressure Swap

Instead of:

“Just try one bite.”

Try:

“You don’t have to eat it. It’s here if you want to explore it.”

YOUR CHILD’S APPETITE MAKES NO SENSE

Some days kids seem like a bottomless pit and other days they survive on three crackers and air. These shifts are a normal part of growth spurts, activity changes, sleep, illness, schedule shifts and even emotional states.

What actually helps:

- Trust patterns over isolated moments
- Maintain predictable meals and snacks
- Try not to let one low-appetite day throw off the whole routine
- Reach out to your pediatrician if you’re concerned

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Appetite Weather Reframe

Some days are sunny appetite days, some are cloudy, and some are rainy. Appetites ebb and flow just like the weather.

FEEDING ADVICE FEELS OVERWHELMING

Nutrition advice, especially on social media, can feel loud, contradictory and exhausting. The truth is, there is no one perfect way to feed your family, only the way that works for your real life, which can vary from day to day. If you’re looking for support, seek out qualified professionals like Registered Dietitians who understand child nutrition and feeding.

What matters most:

- Enough opportunities to eat
- Variety over time
- A supportive mealtime environment
- Realistic routines

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The Less Stress Filter

Ask yourself:

- Is this advice from a qualified expert?
- Is this realistic for my family?
- Is this helping food feel calmer or more stressful?