



# Mealtime Strategies for Picky Eating Behaviors of Toddlers in Center- and Home-Based Daycare Settings

**Both parents and daycare providers perceive picky eating as a problematic feeding behavior for children.**

However, it's not clear whether children exhibit similar picky eating behaviors both at home and in childcare. This study compares child mealtime behavior between their home and childcare location and different mealtime strategies used by caregivers and parents to identify which strategies would effectively work across different settings. Ultimately, the project will develop approaches that will reduce the occurrence of picky eating across different environments, which in turn will aid in reducing parents' and teachers' mealtime frustrations and promote the development of healthy, independent eaters.

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