

Why your child won't eat — and what you can do about it

CONTINUED FROM PAGE 9

While there's no one size fits all when it comes to navigating picky eating certain things can be tried to make it easier —

Food is fun! Children get bored easily so make food fun for them. Different colours, shapes and textures make food interesting so try making simple dishes exciting. Use various cutters to make shapes out of vegetables and other foods, and pair different kinds of foods together to entice kids to eat enthusiastically.

Family-style meals are another great way to encourage kids to try out new foods. Remove all kinds of screens and devices during meals and enjoy this sacred family time talking to each other, about



food and how enjoyable breaking bread with family is.

Serve a meal that everyone will eat. Healthy, balanced family-style meals are best served with children in tow that will



get them to taste and eat more.

Avoid force-feeding. Yes, this sounds counterintuitive but force-feeding is a big no if your child is not cooperating. Offer three meals and snacks but do not keep

offering multiple variations; it only makes things worse as children feel overwhelmed by so many choices and kills their appetite further.

Make mealtimes fun and exciting. If your child refuses offer a few times but then stop and move on. Having a positive attitude helps. Think of the next meal and focus on making that productive.

Each child is different but there are certain dishes most children like! Chicken fingers are crowd-pleasers and can be made healthy. Veggie nuggets are another yummy option too that will get some vegetables in!

By **Sabrina N Bhuiyan**

Photo: **LS Archive/Sazzad Ibne Sayed**

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ARIES
(MAR. 21-APR. 20)

You're feeling charged! Don't burn out trying to do too much. Focus your energy on something meaningful. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Comfort and stability are your safe spaces. Thoughtful risk could bring unexpected rewards. You've earned a little luxury. Your lucky day this week will be Friday.



GEMINI
(MAY 22-JUN. 21)

You're in a talkative mood! Use this time to reconnect with someone. Spark a new idea. Your lucky day this week will be Monday.



CANCER
(JUN. 22-JUL. 22)

Your heart is in your home. The world is offering you a chance to stretch beyond your comfort zone. Take it gently. Your lucky day this week will be Saturday.



LEO
(JUL. 23-AUG. 22)

A spotlight moment is coming! Embrace it with grace, not ego. Your presence can uplift others. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Don't ignore the joy of unpredictability this week. A minor change in schedule could open doors you didn't see before. Your lucky day this week will be Thursday.



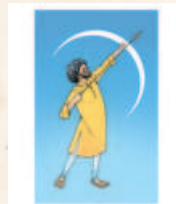
LIBRA
(SEP. 24-OCT. 23)

Life feels a little off-balance lately. Calm is within reach. A heart-to-heart will restore harmony. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

You're digging deep emotionally. It's okay to guard your heart, but don't forget to open it when it matters. Your lucky day this week will be Friday.



SAGITTARIUS
(NOV. 22-DEC. 21)

You're craving new experiences. A spontaneous outing could refresh your soul. Adventure doesn't have to be grand. Your lucky day this week will be Sunday.



CAPRICORN
(DEC. 22-JAN. 20)

Hard work is your comfort zone. Let someone in emotionally — it might surprise you how much you need it. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

A creative or unconventional idea may take flight. If you believe in it, share it. Innovation starts with trust in yourself. Your lucky day this week will be Monday.



PISCES
(FEB. 20-MAR. 20)

Dreams are whispering messages. Your sensitive nature is a strength this week, helping you heal and inspire. Your lucky day this week will be Thursday.

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