

## MEALTIME TIPS



- ⌘ Routine, routine, routine
  - 3 meals & 2 snacks a day
- ⌘ Set regular times for meals and snacks: Offer food at those times, whether your child asks or not
- ⌘ Have good tasting food that looks appealing and smells delicious
- ⌘ Avoid junk food and drinks



- ⌘ Make family meals a pleasant, no-pressure time
- ⌘ Ignore your child's eating, except for the boundaries you set in terms of table manners
- ⌘ Ensure your child is seated at a table (or on the floor if that is your regular eating place) for eating; (do not chase after your child to feed him). Make this part of the routine
- ⌘ Ensure your child has a stable seat with back and feet supported
- ⌘ Involve your child in the preparation of meals – children who are exposed to food during preparation and serving may be enticed to eat what they have prepared
- ⌘ Avoid distractions – **turn the TV off**

