






The Mealtime Routine

- Routines can help children mentally prepare themselves for an event such as mealtime or bathes, by signaling an event before it has occurred.
- Routines may decrease feelings of distress in children because they minimize uncertainty about what is going to happen next.
- Every family’s mealtime routine may look different. However, it is important to create a routine that makes sense, involves the child and is kept consistent each time. Below is an example of a mealtime routine involving your child:

Mealtime Routine Example

<p>1. Wash hands with soap and water.</p>	
<p>2. Prepare food. Child may help with washing fruits/vegetables or mixing ingredients.</p>	
<p>3. Set the table. Child can put out plates, cutlery, napkins, etc.</p>	
<p>4. Eat meal together with family, away from distractions such as television.</p>	
<p>5. Clean-up. Child may help put away dishes, throw away garbage, wipe the table.</p>	

Tip #1:
Keep the timing of meals as similar as possible each day, to help your child anticipate when it is time to eat.



Tip #2:
Avoid allowing your child to snack too much throughout the day. This will help ensure your child is hungry for mealtime.