

Mealtimes

TIP #1

Include your child in mealtimes by encouraging them to help prepare food, set the table, serve food and clear away.

TIP #2

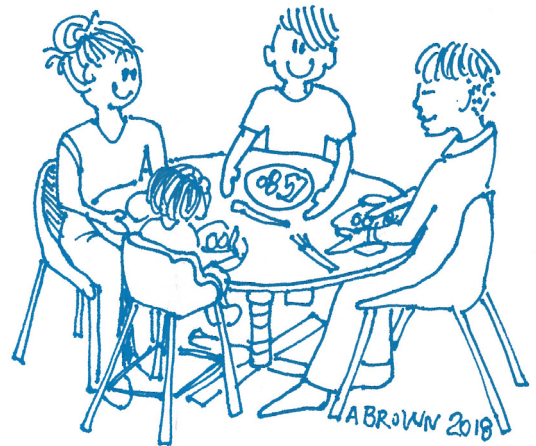
Encourage your child to sit down for mealtimes. Make sure they can sit comfortably with the table around elbow height and their chair pushed in.

TIP #3

Reduce distractions at mealtimes, such as TV and radio.

TIP #4

Include your child in mealtimes with family and friends so they can see and learn what to do.



Who can help? Where? When?

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My Tips

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Disclaimer

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