

# Creating Positive Meal Time Experiences

## SELF-HELP SKILLS

build independence, self-esteem, and fine motor skills



- ★ Food preparation
- ★ Set-up mealtime routine
- ★ Let children serve themselves

## ROLE MODELLING

children watch and copy, you are their role model



- ★ Positive discussion around food
- ★ Sit with children while they eat
- ★ Eat the same food as children

## POSITIVE CONVERSATIONS

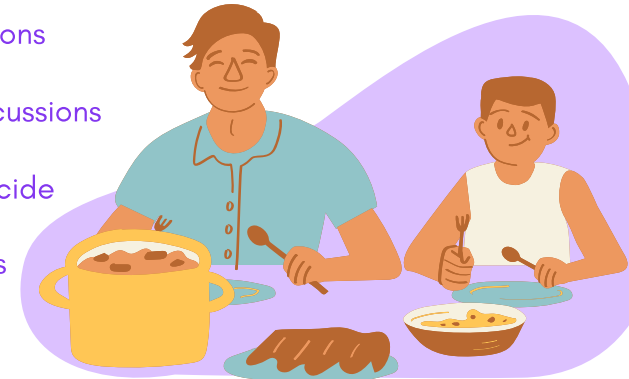
food should always be talked about in a positive light



- ★ Make positive connections with food
- ★ Take turns talking
- ★ Talk about the colour, texture, taste and smell of food

## INTUITIVE EATING

children are good at listening to their hunger signals



- ★ Remove or reduce distractions
- ★ Focus on the meal and discussions
- ★ Adults provide, children decide
- ★ Food should not be used as a reward or punishment