

- 1. *Arrange a safe and pleasant mealtime environment***
 - a. Determine where children sit
 - b. Ensure there is enough space between each child
 - c. Provide unbreakable, child size eating utensils
 - d. Consider serving foods “family style” to keep children engaged

- 2. *Sit down with the children during meals and snacks***
 - a. Be proactive about choke prevention
 - b. Prevent exchange of eating utensils and foods
 - c. Role model table behavior
 - d. Insist on sitting down while eating and drinking
 - e. Have clean-up materials close at hand for spills

- 3. *Eat with the children***
 - a. Role model eating a variety of foods
 - b. Talk in positive ways about the foods
 - c. Facilitate pleasant conversations
 - d. Make children feel safe and part of the group

- 4. *Establish mealtime routines***
 - a. Wash hands before all meals and snacks
 - b. Children help set the tables
 - c. Children clear their own plates when finished
 - d. Children help put down napping mats, sheets, blankets
 - e. Children know where to go and what they can do



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