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