

Things to Try at Home

Observe:

I will observe which routines my family follows when preparing for mealtime.
I will think about how these routines support or do not support a positive experience before or during mealtime.

Talk:

This week I will talk with my family about a new mealtime routine we might start in our home.

Try:

I will try a new routine, such as having my child and family set the table, so that we can have mealtime together.

I will _____ before the next session.

Learning SEEDS

- 1:** Remember, mealtime routines that are repeated over and over help children learn about the world and help them feel secure. Just like bedtime routines help your child go to sleep better, mealtime routines can help your child eat better.
- 2:** Meals for young children should last from 15 to 20 minutes.