### **Tips to Support Positive Mealtimes** Support Positive Mealtimes

#### **SET** the table for success

## Sit together Eat together Talk together



Healthy eating is more than the foods you eat

### Make meal and snack times pleasant and relaxed

## Be intentional about meal and snack times

Plan enough time to eat, visit, and learn. Turn off or put aside toys, phones, and other screens.

#### Enjoy your time together

Engage children in friendly conversation. Lead by example to promote positive meal and snack times.

#### Promote a child-friendly setting

Plan for routines and transitions. Use age-appropriate dishes, utensils, and seating.

#### **Offer healthy foods**

Provide a variety of healthy foods and drinks. Offer new foods many times. Ensure water is always available.

# Help children learn by serving themselves

Teach them to start with small amounts, and to take more if they are still hungry.

#### **Trust children to decide**

Let children decide what and how much to eat from foods offered. Avoid using food to pressure, bribe, or reward.



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