



Consider how you would like to eat off a table covered in dried in paint and glitter glue. Use tablecloths, placemats, table decorations and similar to set the mood for a relaxing meal.



Make sure you sit down and eat with the children. This isn't just a great way to role model expectations, but it also is a fantastic time to build relationships and have conversations.

## Making the most of meal times

When serving food, give the children as much choice as possible. Not only will these allow them to feel agency, it will also cut down on wasted food as children will choose what they want.



Get the children involved in the preparation and packing away of the meal so they feel more involved and connected to the process.

