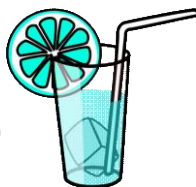


## Tips for a healthy mealtime

- Turn off any electronic distractions
- Put away any toys or games
- Try to sit at a table (if possible)
- Eat together – adults and children (if possible)
- Use a knife and fork (if appropriate)
- Eat from a plate (try to avoid eating from packets)
- Have a healthy drink with your meal
- Eat slowly and chew your food
- Pause between mouthfuls
- Talk as a family
- Wait 20 minutes before having extras or pudding (to allow for digestion)
- Don't make a fuss if child is not eating
- Try to avoid cooking alternative meals (everyone to eat the same meal)
- Try not to offer an alternative meal if child is not eating (they will eat if they are hungry)



## Tips for a healthy mealtime

- Turn off any electronic distractions
- Put away any toys or games
- Try to sit at a table (if possible)
- Eat together – adults and children (if possible)
- Use a knife and fork (if appropriate)
- Eat from a plate (try to avoid eating from packets)
- Have a healthy drink with your meal
- Eat slowly and chew your food
- Pause between mouthfuls
- Use the time to talk as a family
- Wait 20 minutes before having extra's or pudding (to allow for digestion)
- Don't make a fuss if child is not eating
- Try to avoid cooking alternative meals (everyone to eat the same meal)
- Try not to offer an alternative meal if child is not eating (they will eat if they are hungry)

