TODDLER MEALTIMES DO'S AND DONT'S

DO´S

- Offer choice but with boundaries
- Serve a similar meal to everyone in the family
- Encourage curiosity, not consumption
- Give your child space to figure it out
- Get your child involved in food preparation
- Try and stay calm and postitive at meal times
- Make sure consequences are related to the behaviour
- Role model manners at the table

DONT´S

- Don’t pressure your child to eat
- Don’t take menu requests
- Don’t offer too many snacks throughout the day
- Don’t offer too much milk
- Don’t take a toddler’s food whims seriously
- Don’t use threats and bribes
- Don't bring distractions to the table e.g. iPads
- Don't offer alternate options if your child refuses what's offered

THE BITING TRUTH