KITCHEN OPEN/CLOSED SIGNS

Children who graze on food all day are more likely to be picky eaters and experience nutritional issues. They are also less likely to feel true hunger and therefore less willing to try new foods. Kids need to learn there are dedicated times for eating throughout the day and other times when no food is on offer. The below 'Kitchen Open' and 'Kitchen Closed' signs are a fun way to signify to the family when it is time to eat and when it is not time to eat.

If your child decides not to eat much lunch or dinner but then asks for food 20 minutes later, the kitchen closed sign will help you to let them know that the kitchen is closed and they will need to wait until the next meal or snack.

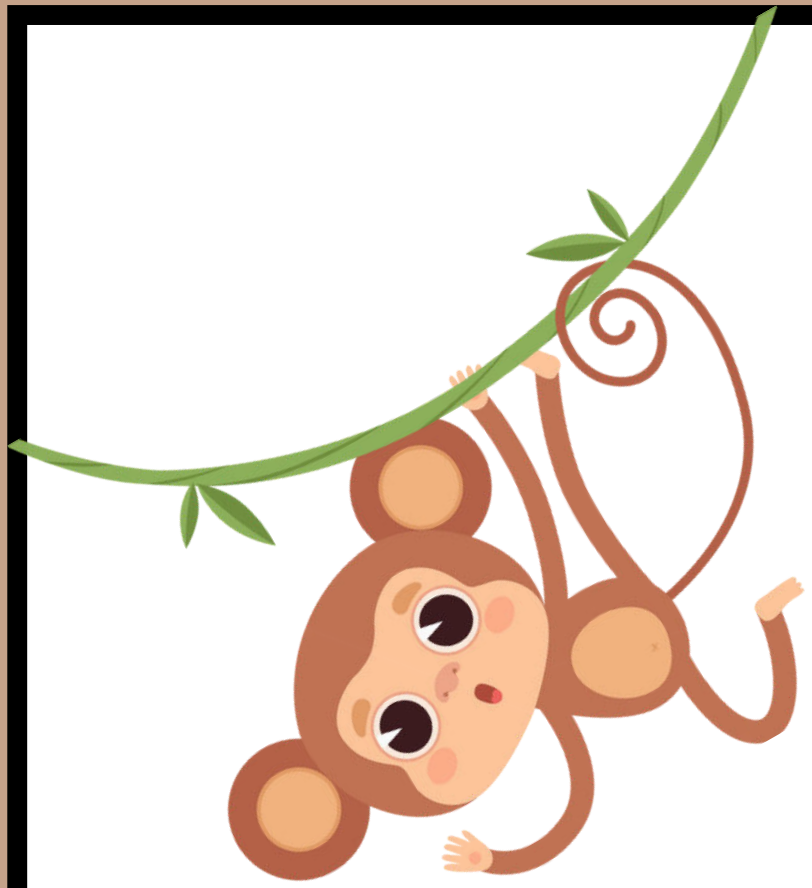
You can get your child involved by putting up the signs on the fridge. This will give them a sense of responsibility and encourage compliance, they can be in charge of putting the sign up and taking it down once the kitchen is open or closed.

How it works:

- When you are offering a meal or snack, put the 'Kitchen Open' sign up on the fridge.
- Any other time, put the 'Kitchen Closed' sign up on the fridge.

Benefits of the signs:

- Allows time between meals and snacks when there is no eating so that children can build up an appetite for meals.
- Encourages predictability around the timing of meals and snacks.
- Diverts children to other activities that have nothing to do with food.
- Helps avoid grazing and provides more structure to the day.
- Provides a positive way to implement boundaries.



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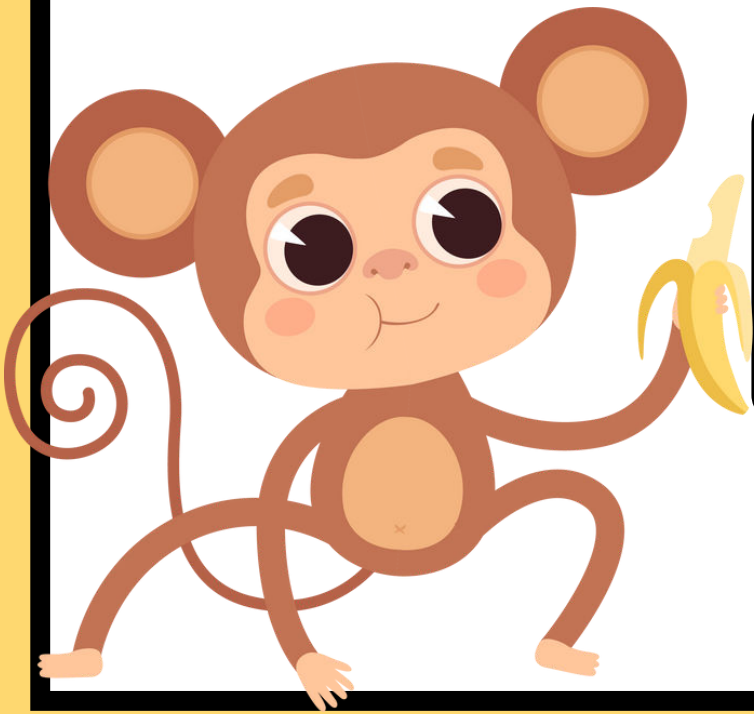





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