



# Mealtime behaviours

~ Behaviour Newsletter 3~

Children who have meals with their family do better in many ways including being healthy and doing well at school.



Scan the QR code for family meal-time ice breakers



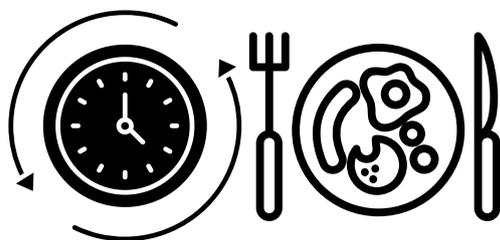
Everyone learns by example. Parents food choices and eating habits encourage their family to try new foods and enjoy eating

## TIPS TO IMPROVE MEALTIME BEHAVIOURS

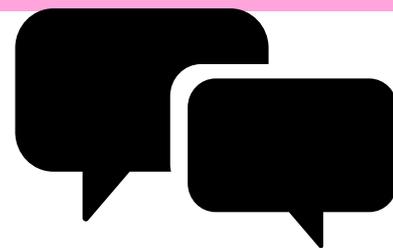


Eat away from distractions; screens, phones and toys

Have set mealtimes with 2-3 hours between meal, avoid grazing



Aim for happy, relaxed and sociable mealtimes. Chat to your family about their day; what did they learn at school? Try ice breakers



## TIPS FOR FUSSY EATERS



- Enjoy making meals as a family
- Involve everyone in mealtime decisions
- Give each family member their choice of meal one day per week



- Praise should be given for trying new things but don't pressure to finish everything
- Ignore fussy eating as much as possible
- If a meal is refused, avoid offering fatty, sugary or salty foods instead