

PICNIC MEALTIMES

Before and after meals:

- Stick to a routine each day so children know what to expect.
- Example: play music, wash hands and sit at the table.

Support children's independence:

- If meals are provided, allow children to serve themselves and choose the amount and type of food. Have child friendly serving utensils available.
- If family style meals are not suitable, look for other ways to encourage independence.
- If children bring a lunchbox, allow them to choose what they eat, how much they eat and the order they eat it in.

Let children decide:

- Support children to choose what and how much to eat from what's offered.
- Trust that children know when they're hungry and full.

Role model:

- Sit and eat the same or similar foods as the children.

Neutral language:

- Use neutral language when talking about food. Refer to food by its name rather than labelling it as good, bad healthy, unhealthy, everyday or sometimes.

