



**all kids belong**  
Inclusion Support Services

## Have you thought of trying: **MEALTIME**

**Remember:** Mealtime should be a relaxed and enjoyable time. It is a time for children to socialize with peers and educators and to develop self-help skills.

- Do you sit with the children and model conversation and manners?
- Do you arrange seating if necessary (some children do better beside the educator, at the end of the table, beside certain peers, etc.)?
- Do you use auditory and visual cues (routine strip of cleaning up when finished, pictures of food, menu, recipe, sing certain song, etc.)?
- Do you prepare food items while sitting at the table with the children?
- Do the children serve themselves?
- Do the children pour their own drink using small pitchers?
- Do the children have to wait for everyone to have their food before they can start eating?
- Do you provide dessert as part of the meal and to all children?
- Do you ensure there is specific food available for picky eaters?
- What happens if a child doesn't like something on their plate?
- Are all children encouraged to clean up their own space after meals?
- Is there a routine in place for the children who are finished (go to the bathroom, get book, sit on carpet, lie on bed)?
- Have you clearly established and taught expectations and routines?
- Do you encourage independence?
- Are towels, wash clothes, and napkins handy?
- Do you promote social interactions?
- Do you provide a quiet, relaxed atmosphere?
- Do you provide positive praise and reinforcement?
- Do the children have snack as a group or is it a choice during free play?

- Is enough food provided (so children can have more than one serving)?
- Are you using age appropriate seating for all children (preschoolers not in high chairs)?
- Do the children have enough time to complete their lunch without feeling rushed?
- Do you offer a variety of appropriate utensils based on the skill level of each child?
- Can the time of your meal or snack be changed or altered to meet the needs of the children (mid-morning, later in day, etc.)?

This sheet was created by the All Kids Belong team based on their years of knowledge and experience. If you have any further questions about mealtime, please talk to your All Kids Belong Resource Consultant.