

Mealtime without the standoff

Four ways to lower the temperature at the table.

1

Start the meal ten minutes before the meal.

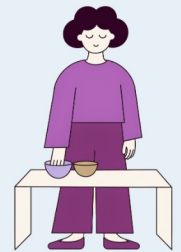
Play, or a book, or anything disarming, right before you sit down. A child who arrives calm eats more than a child who arrives wound up.



2

Put the new food beside a food they already eat.

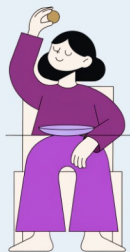
A few bite sized pieces rather than a plateful, and never on its own. The familiar food is what makes the new one approachable.



3

Let them play with it before they eat it.

Touching it, smelling it and making it move all count. Food play is how a new food stops being a threat.



4

Fix the chair before you fix the food.

Feet flat on something solid, hips back, table at elbow height. A child who is holding themselves up is not free to chew.

