

8 Ways to Create Happy Mealtimes in Child Care

1

Use child-size bowls, cups, plates, serving spoons, and other utensils.

2

Never bribe or force children to eat.

3

Eat with the children and set a good example.

4

Let the children help set the table for meals and snacks.

5

Schedule meals and snacks where children eat every two to three hours.

6

Encourage children to serve themselves through family style meal services.

8

Create a mealtime environment that focuses on positive communication.

7

Offer new foods regularly. Some children need to see a new food 10–15 times before they want to try it.

