

# Table Time Tips



Encourage your child to help prepare the meal

Offer your child choices of what they would like you to prepare

Involve your child in trips to the grocery store. If it is hard to take them with you, ask them to help you make your grocery list

Include your child in preparing the meal by asking them to help pour and/or mix ingredients



Ask your child to set the table

Give each child a "job" in the kitchen. This will make them feel important.

Encourage child to feed himself

Offer small portions and encourage your child to take more if s/he is hungry

Offer fluids at the end of the meal

Limit total daily fluid intake to 16oz of milk and 4oz of juice

Make meal time a learning experience

Encourage everyone to sit together at the table until everyone is finished



## Petite Pizzas

Kids: Spread tomato sauce, cheese and toppings on mini pita  
Mom: Bake 350°, 10mins

## Ants on a Log

Mom: Wash and Cut celery stalks into 3 sticks  
Kids: Spread peanut butter or cream cheese on celery  
Kids: Place raisins or cranberries along the celery stick

## Veggie 'Ventures

Mom: Cut up vegetables in fun shapes (shredded, strips, circles, flowers)  
Mom: Place piece of lettuce on a plate  
Kids: Decorate lettuce with vegetable shapes

## Kid's Quesadillas

Kids: Place cheese in between 2 tortillas  
Mom: Microwave for 45 seconds  
Kids: Use cookie cutter on quesadillas for fun shapes