



Pre-Meal Activity

Improve the duration of mealtime with this pre meal activity!

Have kids roll two dice, the number they get correlates to their activity:

- 2= 2 push ups
- 3= 3 star jumps
- 4= 4 toe touches
- 5= 5 jumping jacks
- 6= 6 high knees on each
- 7=7 jumps up
- 8=8 side to side steps
- 9=9 arm circles
- 10=10 sit ups
- For large groups, have the teacher roll the die and all the kids participate!



THE DIVISION OF RESPONSIBILITY

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Having a plan and a structure around eating can help decrease the frustration of picky eating at meals.

One way caregivers can do this is by implementing the division of responsibility. This term was coined by Elyn Satter and supports the idea that both the parent and child have a role when it comes to feeding. The parents role is deciding what food is being served, when the food is served and where the food is served and the child's role is whether or not they are going to eat the food and how much they are going to eat.

Over time, this structure can help children know what to expect and help improve mealtime behaviors.

This framework is important because it also allows the child to to become a more autonomous eater. It also helps them learn to communicate when they're full improving their food relationship.

A few key components:

- Parents/caregiver should maintain a consistent meal and snack schedule.
- Parents/caregiver determine the menu and allow the child to eat what they want from the menu served.
- Avoid making a separate meal for the child.
- Keep expectations low at meals for young children.
- 10-15 min is an appropriate length of time for a pre-school child to remain seated for a meal.
- Modeling behavior helps children know what is expected.
- Positive mealtime behaviors take time to learn.