



# Setting Mealtime Limits

## 1. Create household rules around meals

- Children sit while they eat
- Food/utensils stay at the table
- Food is for eating (not playing)

## 2. Remain firm, kind, consistent

- “I notice you’re playing with your food. I think you’re all done.”
- “It looks like you’re going to throw your food. I don’t want you to throw food. Are you telling me you’re all done?”
- “It’s important that you sit while you eat. If you stand up, that shows me you are all done and we will put the food away.”



## 3. Expect compliance on the first request

- Children will need as many reminders as we give them
- Confidently follow through on what you said

*For more information:*

“Child of Mine: Feeding with Love and Good Sense” by Ellen Satter, MS, RD

“Hungry for Love” by Charlie Slaughter, MPH, RD

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