

LITTLE ANGELS DAYCARE NURSERY

PRACTICE FOR MEALTIMES

1. Each child is an individual and should be treated as such
2. Child to be encouraged to try different foods
3. A child to be given smaller portions if need be, they can always ask for more
4. If a child wants seconds, these are to be encouraged
5. Pudding to be given as a second choice
6. Child to be encouraged, in all aspects to be self-reliant
7. Children not to be force fed or forcefully encouraged, when they are not well, or obviously had enough
8. Mealtimes are a social time, so conversation to be encouraged but no shouting
9. Child to be encouraged to sit at table, when other children have not finished, for a reasonable amount of time
10. Children to have a good attempt at eating their dinner, before pudding, but not necessarily to have a completely clean plate
11. Food to be presented nicely and if necessary, cut up in front of the child, rather than on the trolley
12. A small amount of drink only, to be given before meals, so a child would not fill up with drink
13. Children not to eat other children's leftovers, (including Ice-Lollies).
14. Children encouraged to say "Please" and "Thank you" and to sit still
15. Children who are slow eaters will be given time and not rushed
16. Any child who shows distress with his/her food the food will be removed without any fuss
17. Food will not be used as a punishment I.E: If a child has misbehaved they will not have pudding taken away as a punishment.