



SURVIVING MEALTIME CHECKLIST

- Sit as a family
- Set a good example by eating a variety of foods yourself
- Offer all foods without punishment if they don't eat them
- Involve your child with preparing the meal and helping to choose foods
- Limit distractions, such as TV and screen time
- Make mealtime positive and fun!



To learn more with Parenting U, visit [ChildrensOmaha.org/parentingu](https://www.ChildrensOmaha.org/parentingu)