



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child at mealtimes?

- Try to keep a **positive approach** to mealtimes. Avoid stress where you can. Never pressure your child to eat
- **Eat with your child** and be a role model. Show your child that mealtimes can be enjoyable
- Have a **consistent routine** for meals and snack time. Avoid grazing and keep mealtimes to 30 minutes
- **Limit distractions.** Avoid having the TV on or using tablets and mobile phones at the table
- Introduce **play activities** outside of mealtimes to help your child learn about food (messy play, food preparation, cooking, baking)
- **Accept** that there will be bad days. Think about your child's eating across the week instead of a single day.

Find out more:

Learn about
portions sizes
for little
(1-4 yrs)



Watch this video
for sensory
advice
about
feeding



Call **0203 224 4399**
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9am-5pm

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