



Getting on the same page

1. Talk about how you were raised around the table? What do you think your parents did well, what did they do poorly. What eating rules or thoughts do you have that are directly related to how they parented you at the table?

2. What end goals do we want for our kids?

3. What are your priorities? Number these in order (1 being most important)

- _____ They finish their plate
- _____ They eat a balanced meal
- _____ They listen to their body
- _____ They feel safe
- _____ They behave at the table
- _____ Other:

4. What strategies do we agree on?

6. What are your expectations at the table? (ie. finish their plate, try everything on their plate, stay at the table for the whole meal etc)

5. Role play: Write a few examples of scenarios you've seen play out and how you would handle it. Work through these until you come up with a plan you agree on. (some examples: when they ask for more candy, more fruit, when they say they're all done but they haven't eaten very much, they ask for a different meal etc)

Remember to use "I" statements vs "you" statements. (Ex. I feel uncomfortable making our children finish their plate.)

My Recommendations:

- Make your table a safe place to try and to not try
- Follow the division of responsibility
- Offer more, if able, as often as possible
- Continue to offer new foods and foods you eat as a family
- No pressure, no bribing, praising, or comparing