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## **Yes, Mealtime Can Be Enjoyable!**

- 1) Serve meals family style in which the food is in bowls on the table.
- 2) Engage children in the preparation of meals according to developmental levels.
- 3) Allow children to serve themselves. You can set limits: “If you decide that you want more, you can get a second serving.”
- 4) Sit down with your children at mealtime.
- 5) Avoid ANY electronic devices including, but not limited to, television, iPad, and phone, during mealtime.
- 6) Serve a variety of food, including at least one food well liked by your child/children.
- 7) Model healthy eating habits.
- 8) Remember that your task is to serve healthy food to your child. Your child’s task is to decide how much he/she is going to eat.
- 9) Facilitate conversation with your child at mealtimes. Use observations rather than questions. “You and Caleb built a really tall tower today!” “We rode a long way on our bikes today!”
- 10) Avoid using dessert as the primary motivator for eating.
- 11) If your child refuses to eat or demands other food, calmly remind him/her, “Tonight we are having \_\_\_\_\_ for dinner.” Avoid becoming a “short order cook.”
- 12) Consult your pediatrician if you have concerns regarding your child’s eating habits.

*The content in this section is a summary of the subject matter only. It is not intended nor should it be relied on as a substitute for psychological or any other professional advice.*