



# Family Mealtime Rules

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## Acceptable

- ✓ Choosing which served foods you would like to eat and how much of each
- ✓ Exploring foods in a polite way, by touching, licking, feeling, stacking etc.
- ✓ Not liking a food (expressing this in a polite way i.e. saying "no thank you")
- ✓ Testing out a food and politely spitting it out in your napkin if you don't want to swallow it
- ✓ Asking for more of any food after you've explored the other foods on your plate

## Unacceptable:

- ✗ Refusing to come to the table - meals are about family time too
- ✗ Bringing toys, screens, or other distractions to the table
- ✗ Making rude comments about the food
- ✗ Throwing food or deliberately making a mess
- ✗ Asking for separate meals (there is no short-order cooking)
- ✗ Asking for snacks right after a meal. The kitchen is closed after mealtime.
- ✗ Getting up from the table before you've been excused

