

Successful Mealtime with Kids

Meals are media-free

No phones, tablets, or other distractions. Let's lead by example!

Shared meals as a fixed ritual in the family's daily routine provide structure.

Everyone in the family follows the family's own table rules.

I can do it myself.

Use age-appropriate cutlery and drinking vessels.



With All Senses

Food should and can be experienced and understood with hands.

Parents choose the food; children decide the portion.

Eating behavior is learned: We parents are role models.



The Seating at the Table

- Complementary Feeding: Stable Head and Trunk Position
- Afterward: Ability to Place Feet Properly (e.g., footrest)

Stay Engaged:

A varied selection ensures a diverse diet.

We ensure variety by trying new things.

Involve from 1.5 years: Wash fruits, peel vegetables, knead dough, set the table, etc.

Communicate with Each Other

e.g., about the day's experiences.

