**Top tips for meal times**

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* Remain calm
* Be firm and empathetic
* Be prepared for attempts to negotiate and remain firm i.e eating everything
* Have clear consistent boundaries and expectations
* Be confident in not deviating from the plan
* Be vigilant i.e stay at the table, watch your child
* Discuss helpful distractions with your child i.e listening to music, playing a game
* Be directive when needed i.e “pick up your fork”
* Make time for planning, especially when eating out i.e look up menu before you go, have a plan B
* Expect difficult emotions during meal times i.e anger, upset, anxiety
* Expect shifts in motivation
* Be transparent i.e do not sneak in calories
* Support each other as the ED has a tendency to split i.e “I will only eat that if mum is at the table” or “dad cooked I’m not eating that”. Stand United together
* Feel confident in recognising negative behaviours and ask for them to stop i.e smearing, playing with food
* Your child should not go to the toilet after meal times (for up to an hour after)
* Don’t discuss food, calories, portion sizes at the table
* Don’t give up, it will take time!