



## TWIN FALLS

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## BURLEY

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Physical,  
Occupational,  
&  
Speech  
Therapy

providing  
one-on-one  
individualized care  
for adult and pediatric  
clients

## Food Rules -Keys to a healthy, pleasant, mealtime environment

1. Meals will be at regularly scheduled times, also planned snacks.
2. The child must sit in the highchair or at the table while eating. No “grazing” or eating all over the house.
3. Nothing between meals will be offered, including bottles, milk, or juices. The child may drink water if thirsty.
4. Solids will be offered first, fluids last. Alternating food and liquid works for some.
5. Meals will last no longer than 30 minutes
6. Child will be encouraged to self-feed as much as possible (i.e., finger feed, hold spoon, etc.)
7. A sheet or large garbage bag can be placed under the highchair to “catch the mess”. Wipe the child’s mouth and hands and clean up only after the meal is over.
8. The child should learn to eat without approval or disapproval.  
**Do not force food, or comment on the child’s intake.**  
Mealtime should be a neutral atmosphere.
9. Food should not be given as a present or reward.
10. No game playing at mealtime. Do not use games or distractions to feed the child.
11. Food should be removed after 10-15 minutes if the child seems to be playing with the food without eating.
12. Mealtime should be ended if the child throws food in anger. However, it is important that the child is calmed before getting out of the seat to end the meal.



*Relax and remember it is okay for a child to miss a meal once in a while.*

Adapted From Joan C. Arvedson, PhD, CCC-SLP



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