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| # | Mealtime Guidance | Not observed | Observed | Reported |
| 1. | Toddlers assist with setting the table. |  |  |  |
| 2. | Toddlers assist with clean up before, during and after mealtime.  (Tools for cleaning up spills are accessible to toddlers; towels, washcloths, wash-bin, trash can, etc) |  |  |  |
| 3. | Staff scaffold assistance to help children begin to serve themselves.  (Food is served in child size serving bowls and platters; older toddlers are given the opportunity (with adult support) to assist with passing and serving themselves.) |  |  |  |
| 4. | Adults sit with the children during mealtime at the table sharing the same menu. |  |  |  |
| 5. | Adults encourage the children to eat food and to taste new foods, but do not force them to eat. |  |  |  |
| 6. | Foods are not withheld until other foods are finished. |  |  |  |
| 7. | Adults demonstrate good table manners. |  |  |  |
| 8. | Adults initiate or prompt conversations between children or between adults and children. For infants and toddlers, consider using parallel and self-talk, repeat and extend from what children say, state observations, smells, texture, taste, etc. |  |  |  |
| 9. | A relaxed and enjoyable atmosphere exists at mealtime. |  |  |  |
| 10. | Sufficient time has been allowed for each child to finish eating. |  |  |  |