

Eating Neatly and Calmly

Four things that make a meal go well

1

SMALL BITES

Just a little at a time

"Small bite." "Just a little."

2

FOOD ON THE PLATE

Not on the table, floor, or clothes

"Keep food on your plate."

3

MOUTH CLOSED

Close your lips while you chew

"Close your mouth." "Chew nicely."

4

SLOW AND CALM

No rushing, no grabbing

"Slow and calm." "Take your time."

Gentle reminders, not corrections

Say the phrase once, calmly, and move on. Praise it the moment you see it done right.

