

## TABLE MANNERS

# Sit Properly at a Table

What we are working on at yeshiva this week

### What this means

- Feet on the floor
- Back on the chair
- Body facing the table
- Hands resting on the table, or in the lap when not eating

### The words we use — please use the same ones

**“Feet on the floor.”**

**“Sit still.”**

**“Face the table.”**

**“Chair is for sitting.”**

### What helps at home

Same four phrases at your table as at yeshiva. Feet on the floor. Sit still. Face the table.

### You will know it is working when

- Student remains seated during eating time.
- Student stays close to the table without roaming.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



## TABLE MANNERS

# Use the Correct Utensil

What we are working on at yeshiva this week

### What this means

- A fork or spoon is used for eating.
- Fingers are not used unless instructed.
- The utensil goes into the food, then to the mouth.

### The words we use — please use the same ones

**“Pick up your fork.”**

**“Fork goes in the food.”**

**“Good spoon use.”**

### What helps at home

Let him use the fork himself even when it is slower. Doing it for him teaches nothing.

### You will know it is working when

- Student attempts to eat with a utensil.
- Student holds the utensil rather than grabbing the food.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



## TABLE MANNERS

# Eat Neatly and Calmly

What we are working on at yeshiva this week

### What this means

- Small bites
- Food stays on the plate
- Mouth closed while chewing
- Slow, calm movements

### The words we use — please use the same ones

**“Small bite.”**

**“Slow and calm.”**

**“Food stays on the plate.”**

**“Mouth closed.”**

### What helps at home

Say “small bite” once, calmly, and then leave it. Repetition works better than explaining.

### You will know it is working when

- Less spilling or dropping food.
- Reduced rushing or overstuffing the mouth.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



## TABLE MANNERS

# Keep Themselves and the Table Clean

What we are working on at yeshiva this week

### What this means

- Wipe mouth with a napkin
- Clean hands after eating
- Table area is wiped when finished

### The words we use — please use the same ones

**“Use your napkin.”**

**“Wipe your mouth.”**

**“Clean the table.”**

**“All done — clean up.”**

### What helps at home

Make wiping his place part of getting up from the table, every meal.

### You will know it is working when

- Student uses a napkin when prompted.
- Student participates in simple cleanup tasks.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



## TABLE MANNERS

# Practise Polite Table Behaviour

What we are working on at yeshiva this week

### What this means

- Quiet voice
- Staying in personal space
- Waiting calmly
- Following table rules

### The words we use — please use the same ones

**“Quiet voice.”**

**“Nice waiting.”**

**“Good manners.”**

### What helps at home

Praise the waiting the moment you see it, not at the end of the meal.

### You will know it is working when

- Fewer disruptions during eating time.
- Student responds to simple reminders.

### You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.

