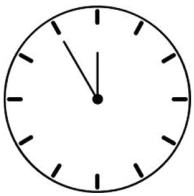


Mind Your Manners!

Day 2: Waiting Games

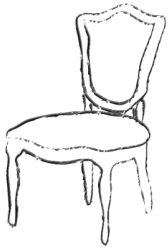
A big part of table manners involves learning self-control. Today we highlight three behaviors to work on – choose whichever is the biggest issue for your child. If you want to focus on all three, consider breaking them up. Check the boxes as your child completes each task.



Practicing Patience

It's impolite to start eating before everyone is seated and served – waiting can be hard!

MAKE IT EASIER: Kids love when they're given new responsibilities. Put your child on "Plate Patrol" so she's responsible for making sure no one takes a bite until every dish is on the table.



Sitting Still

Most young children wiggle, jiggle, and try to wander during meals. But they can learn how to stay calmly seated!

HOW TO DEVELOP IT: Just be realistic with your expectations. If your child is in preschool, encourage him to sit still for 15 minutes. If your child is in kindergarten or older, you can start working toward 30.



What to Do with Those Elbows

Two reasons to keep the elbows off the table: It can make you look bored . . . which can make your host feel hurt. And it makes you look sloppy.

KEEP 'EM OFF: Signals! If you notice your child slouching or resting his elbows on the table, try tapping your arm as a silent reminder.

