

# Mind Your Manners!

## Day 4: Chatting & Chewing

No one likes “see food,” right? Hearing food is just as bad. Today we zero in on these behaviors, plus how to politely ask for— or reject — more. Feel free to break them up. Check off the tasks as you go.



### Zip the Lips

Some kids chew with their mouths open for laughs. Others have no idea they’re doing it. Either way, it’s gross!

**HOW TO NIX IT:** Try showing some of your chewed food while it’s still in your mouth and asking them, “Is this grossing you out?” Then develop a signal you can use to remind them.



Please &  
Thank You!

### Table Talk

There are certain topics that just don’t go with food. You know what they are, and they do, too – which is why they crack up even harder!

**HOW TO NIX IT:** Speak in code. “Not table talk,” or NTT, is a good cue to give your child when he thinks he’s saying something hilarious, and it’s anything but.



### Respecting the Chef

Younger kids often don’t understand the concept of hurt feelings, or the impact a single “ew” or “gross” can have on the chef.

**HOW TO NIX IT:** Simply explain that it can make the chef (a.k.a. you!) feel sad when they say, “Gross!” It’s okay not to like something, but when you do, it’s better to say, “It’s not for me, thank you.”

