

HOW TO KEEP YOUR CHILD SEATED FOR MEALS

1. Have they been in a car or had little movement before a meal?

Yes → Give them an opportunity to run and play for at least a few minutes before sitting at the table.

2. Is your child under 3?

Yes → Make it a priority to have them seated in a strapped booster seat or highchair. It is worth the struggle. They will adjust, its a transition if they aren't used to it and that may mean some tears. Be calm and patient.

3. Is your child falling out of their chair and constantly moving positions all the time?

Yes → Are their feet firmly supported on the floor or a stool? Kids have to feel well supported to be able to sit still, chew well, and eat safely. Keep knees, hips, and ankles at 90 degree angles. Use booster seats and stools as needed.

4. Are they expected to sit at the table for longer than 20-30 minutes?

Yes → Keep meals to 30 minutes at the most for 4-6 meals a day. Toddlers will only be able to sit for 10-20 minutes in most cases.

5. Is your child still wiggly after sitting in an appropriate seat?

Yes → You may need some extra strategies like using sensory play before meals, sitting on a disc cushion that allows movement, or setting a timer, to name a few. Find more details at: <http://yourkidstable.com/2016/10/keep-your-child-seated-for-meals.html>

6. Do you have any mealtime rules?

No → Set some up and talk to them calmly with your kids outside of mealtime. Be consistent and follow through. Keep the rules simple and only to 4-5 at the most. Coming and sitting at the table should be one of the rules on the list

7. Is it possible your child is trying to seek your attention?

Usually not the only cause of wiggly seats, experiment with some extra one on one time outside of meals and watch to see if following your rules at meal times improves!