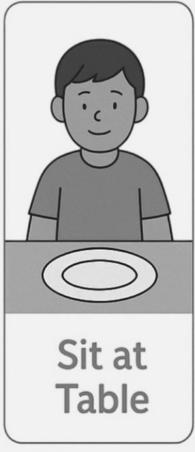
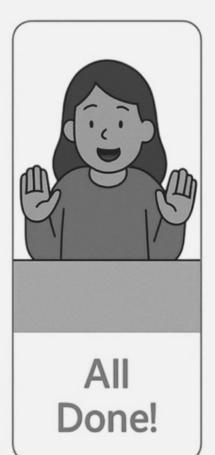
# Mealtime Visual Schedule











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### How to Use the Mealtime Routine Chart

The Mealtime Routine Chart helps children follow predictable steps around eating. It encourages independence, builds healthy habits, and reduces mealtime struggles.

### 1. Prepare the Chart

- · Print the chart (color or grayscale).
- · Laminate if possible so it can be reused.
- Hang it in the dining area or kitchen where your child can see it.

### 2. Introduce the Steps

- Go through the chart with your child before mealtime.
- Explain what each step means (wash hands, sit down, eat, clean up).
- Practice the steps together during a calm time.

#### 3. Use at Mealtimes

- Point to each step as your child completes it.
- Encourage them to follow the routine in order.
- Offer gentle reminders and praise when they complete steps independently.

#### 4. Encourage Independence

- Let your child check off steps, move markers, or place stickers as they go.
- Give specific praise: "You washed your hands before eating great job following the chart!"

## 5. Tips for Success

- · Keep mealtime calm and positive.
- Pair the chart with consistent routines (same seating, start with handwashing, etc.).
- Model the behavior yourself kids follow what they see.
- · Celebrate progress, not perfection.
- Remember: Mealtime routines build independence and lower stress. Use the chart flexibly and adapt steps as needed for your child's age and abilities.
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