

Mealtime Visual Schedule



Wash
Hands



Sit at
Table



Eat
Food



Clean
Up



All
Done!

SensoryGift.com

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.