



Set The Table

Encourage children to help you set the table for snack or mealtimes. Assign “jobs” to children (i.e., “(Child) will put plates on the table, and (Child) will put out napkins.”) or have children set their own seat at the table.

More support: Prompt children to consider what they need. For example, “Hmm, that seed butter is sticky and might get all over your fingers. I wonder what you’ll need to clean it off?” For infants, model and offer the items they need to set their spot at the table. Narrate how you are helping them prepare to eat.

Promote Autonomy

“Oops, you dropped the forks. I wonder if it might be easier to hold a few forks instead of a lot of forks at once?”

“I love that you gave (Child) a spoon because you saw they were eating soup. Good thinking!”