The Steady Family-Meal Planner

Offer food thoughtfully and teach respectful table conduct.

Food needs and table manners deserve separate, careful attention.

Example: the planned dinner includes a familiar component and an honestly introduced vegetable. The adult models eating, offers a calm choice, records the child's response, and addresses an insulting remark without forcing bites.

01 Make the shared meal workable

Respect actual dietary and feeding requirements.

Shared dinner to prepare

Suitable familiar component

Dietary guidance / needs to respect

Choice possible before preparation

02 Choose the learning opportunity

Keep the offer manageable and honest.

Food or preparation to introduce

How the adult will model eating

Small suitable opportunity to offer

What the child says is difficult

The Steady Family-Meal Planner / Review & follow-through

03 Keep conduct separate

Teach respectful words without withholding food.

Calm response to prepare

Specific table conduct to teach

Appropriate service task for the child

Feeding concern needing qualified help

04 Record the actual observation

Use facts rather than labels about the child.

Food offered / response observed

What reduced pressure at the table

Adjustment for the next meal

Follow-up guidance or review needed