



# Testing Limits/Boundries at Mealtime

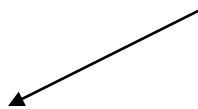
Child refuses adult assistance  
(wants to do it by herself)



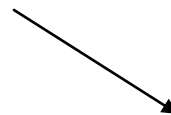
STAY CALM



Options



Provide child with her own spoon so she can participate



Provide meals of finger foods so she can feed herself

NOTE: Provide only a few pieces of the finger food at a time as it is less food to play with