



Testing Limits/Boundries at Mealtime

Spitting food out, Throwing food, Dropping Food

STAY CALM

(If you show your frustration, she may enjoy your response and want to do her behavior again)



Say “No _____ . Food is for eating, not _____ ” in a CALM but FIRM voice



If behavior persists



Tell her: “Ok, dinner is done”



Remove the food from her tray and remove her from her chair*

* Do not end mealtime prior to your child finishing her meal if there are medical concerns that involve how much food/calories your child takes in as reported by your child’s pediatrician