



CHOP LOOK LISTEN



THREE WAYS TO KEEP MEALTIME SAFE

1 **chop**
prepare
the food
right

2 **look**
observe the
kids while
eating

3 **listen**
sit with
kids and
engage



PREPARE THE FOOD RIGHT

Watch out
for high risk
foods!



Round



Hard



Sticky



Slippery



Cook it



Mash it

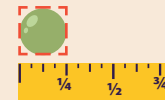


Chop it



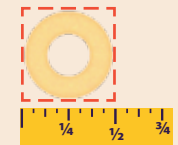
Infant

¼ inch =
pea size



Toddler

½ inch =
Cheerio size



Pay attention to texture and shape. Size it right for their age and stage.

OBSERVE KIDS EATING



Stay
seated!



Take small
bites!

CHEW
CHEW
CHEW



Chew
fully!

[GULP]



Swallow before
speaking!

Watch
and teach!



SIT WITH KIDS AND ENGAGE



Mealtime is together time.
Your care makes all the difference.
Pay attention and connect with kids.

