

Mealtime Minutes

Managing Strong Emotions

Temper tantrums right before a meal often spill over and make the whole family uncomfortable. Cranky children rarely begins the moment the child(ren) sits down. Parents can change the patterns that set the stage for these unwanted behaviors.

TIPS FOR PARENTS

- Have a plan in place to ward off cranky children.
- Kids can often sense when parents are stressed so find ways to manage your stress before mealtimes.
- Offer a healthy snack 20 minutes before dinner.
- Give kids a 20 minute warning before dinner so that they can wrap up their playtime.
- Before the dinnertime prep starts, do something active together such as taking a walk.

