



# The Welcoming Table

## Managing Mealtimes with Fidgety Kids



### Set kids up for mealtime success

- Give them a chance to move, jump, and bounce before dinner
- Try whole-family activities like a dance party, followed by a cool-down with deep breathing exercises

### Make their seat fidget-friendly

- Try sensory tools like wiggle cushions or stretchy chair bands
- Give kids a footstool so their feet don't dangle
- Sometimes it's okay to let kids stand, stretch, and take movement breaks from the table



### Meet kids where they are

- If they need to stim, let them stim
- Set slow goals. If you get 5 minutes of sitting together, that's okay!
- Be realistic about how much sitting and participating in the meal is right for your child

*"Sometimes the ask (to sit still) isn't developmentally appropriate. Stillness isn't really something we can expect of all children."*

*-Naureen Hunani, RD*