1. Use child-size bowls, cups, plates, serving spoons, and other utensils.

2. Never bribe or force children to eat.

3. Eat with the children and set a good example.

4. Let the children help set the table for meals and snacks.

5. Schedule meals and snacks where children eat every two to three hours.

6. Encourage children to serve themselves through family style meal services.

7. Offer new foods regularly. Some children need to see a new food 10-15 times before they want to try it.

8. Create a mealtime environment that focuses on positive communication.