

MealSense Environment Action Plan

Observe your child’s mealtime environment over several meals and complete the action plan. Draw in a happy or sad emoji to track progress.

Mealtime Area	Reflection Questions	Tools	Action Plan	Monitoring Progress 😊 😞
<p><i>Mealtime Routines</i></p>	<p>What is the typical structure to mealtime?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Develop a mealtime routine</p> <ul style="list-style-type: none"> *Wash hands *Sit in specific seats *Use specific placemats *Set a visual timer *Include child in meal prep *learning bowl for new foods 	<p>What steps will you take to set up a mealtime routine?</p>	<p>DAY 1:</p>
	<p>Is there a mealtime schedule? Is there enough space between snacks and meals?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Space out meals and snacks</p> <ul style="list-style-type: none"> *3 meals with 2 snacks *At least 2 hours between meals/snacks 		<p>DAY 2:</p> <p>DAY 3:</p> <p>DAY 4:</p>
	<p>Are there cues to help my child know that it is mealtime? What are they?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Set up cues that let your child know it is mealtime</p>		<p>DAY 5:</p> <p>DAY 6:</p> <p>DAY 7:</p>

Resources: Module 3

<p><i>Sitting Posture</i></p>	<p>Do you notice your child moving around a lot in the chair?</p> <p>_____</p> <p>_____</p> <p>Is your child frequently getting up from the table?</p> <p>_____</p> <p>_____</p> <p>Do you notice your child having a hard time sitting upright?</p> <p>_____</p> <p>_____</p> <p>Are your child's feet supported?</p> <p>_____</p> <p>_____</p>	<p>Options for movement</p> <ul style="list-style-type: none"> *Dynamic seating *Move-n-Sit cushion <p>Tools to sit upright</p> <ul style="list-style-type: none"> *Foot support *Theraband on the leg of the chair as a footrest *Support to lower back 	<p>What steps will you take to help your child sit upright and stay seated during mealtime?</p>	<p>DAY 1:</p> <p>DAY 2:</p> <p>DAY 3:</p> <p>DAY 4:</p> <p>DAY 5:</p> <p>DAY 6:</p> <p>DAY 7:</p>
<p><i>General Environment</i></p>	<p>Do you notice anything that might be distracting your child during mealtime?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Is the environment too alerting or not alerting enough?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Creating a calm environment</p> <ul style="list-style-type: none"> *Avoid keeping screens at the table *Turn off TV/noise in the background *Limit clutter at the table *Use a calm voice *Play calming music <p>Other supports</p> <ul style="list-style-type: none"> *Colored utensils that are different from the food *Take food out of packages 	<p>What steps will you take to create a calm mealtime environment?</p>	<p>DAY 1:</p> <p>DAY 2:</p> <p>DAY 3:</p> <p>DAY 4:</p> <p>DAY 5:</p> <p>DAY 6:</p> <p>DAY 7:</p>