



## Stepping Out 5

This week we are thinking about how to prepare your child for lunchtime at school. The school dining hall is a busy, bustling place. If your child is well prepared they will be able to enjoy their lunchtime with confidence.

First up, will they have a school dinner or a packed lunch, or maybe even switch between the two depending on what's on the menu?



Remember school meals are free to primary aged children as well as being tasty and nutritious. This link will take you to the summer term menu for Faringdon Infant School, so you can see what school dinners are like.

<https://primarysite-prod-sorted.s3.amazonaws.com/faringdoninfantschool/UploadedDocument/bbc1d410df224b7e81b390795f877dfb/faringdon-infant-school-menu-summer-2021-caterlink.pdf>

Once your child has started school, you might like to talk to them about each week's menu choices and plan together what you are going to do.



What about packed lunch? If your child doesn't already have a lunch box, it might be fun to choose one together. Put your child's name on the outside, as there's bound to be someone who has the same design! In the weeks leading up to starting school, you could have some fun with packed lunch days at home, getting your child used to managing for themselves, opening the box and packets, eating their food in the appropriate order. Click here for lots of lunchbox ideas

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-tips>

If you start now, you'll have plenty of time to experiment with your child and find some favourites!



If they aren't yet adept, now is a good time to develop your child's skill and confidence with using cutlery, even if this is not the norm in your family

- ★ When you can eat together, model the correct use of cutlery at meal times.
- ★ Give your child opportunities to cut their food themselves. Show your child how to hold their food in place with the fork while they use their knife to cut it. As with any new skill, your child needs to feel successful, so if this is something that they find difficult, cut the first pieces for them and give them the satisfaction of finishing the job!
- ★ Encourage your child to hold their cutlery in the correct hands throughout meal times.
- ★ Praise your child when they use their cutlery rather than their hands.
- ★ If you are able to, eating meals at the table will help your child to use cutlery correctly as their plate will be on a solid base.



Have a bit of fun with this skill by making and cutting up playdough food. Remember the recipe is on our website.

We hope this has been of use. Did you try any of our listening games? Here's a little lunch themed twist. Play "In my lunchbox I have got...." with each person adding another food item to the list. And here's a fun story for fussy eaters...

### **I Will Not Ever Never Eat a Tomato**



Enjoy your week!

Joanna and Sue