

MOM'S DAY OUT

PARENT HANDBOOK



Dublin Baptist Church Mom's Day Out

7195 Coffman Road
Dublin, Ohio 43017

Mom's Day Out 614-718-0895
Dublin Baptist Church 614-889-2307

Patty Giammarco- Administrator
mdu@dublinbaptist.com

Mom's Day Out Handbook

WRITTEN INFORMATION FOR PARENTS AND EMPLOYEES

Welcome

Welcome to Mom's Day Out at Dublin Baptist Church. This handbook contains the policies and procedures of our program. Please read it carefully and make it available for a reference throughout the year. If you have questions about anything in this handbook please contact Patty Giammarco, Administrator, (mdo@dublinbaptist.com or 614-71-0895).

General Information

1. Center Name, Address, Email, and Phone Number

Mom's Day Out
Dublin Baptist Church
7195 Coffman Rd.
Dublin OH 43017

2. Program Philosophy

Mom's Day Out has been designed as an outreach ministry of Dublin Baptist Church. Our purpose is to provide a happy, safe, caring, Christian environment in which preschoolers can learn and develop their skills while encouraging the families of these children to make spiritual growth and active church participation part of their daily lives.

Our goals are to:

1. Expose the children to the teachings of the Bible.
2. Provide these children with positive memories of being in a church setting.
3. Enable children to develop separation skills necessary for growth.
4. Provide an environment where social interaction is encouraged.
5. Offer skills and information preschoolers need for kindergarten.
6. Establish a relationship between the families of these children and Dublin Baptist Church.

3. Days and Hours of Operation, Scheduled Closings, and Basic Daily Schedule

The MDO school year is based on the Dublin Public School calendar. Most of our school closings match for holidays and vacations.

During the school day our teachers will lead the children through a lesson plan that is packed with preschool friendly activities. Each day, in the classroom, the children will make a craft, have circle time, enjoy a snack, participate in at several activities that emphasize the Bible focus, eat lunch, and still have time for free play. In addition, children will travel with their classmates to our Language Arts/Music, Art and STEM rooms for specialized lessons. We will either go outside or to the large motor skills room. They may occasionally see a short, theme related video.

Below is an example of a daily program schedule. Your child's exact schedule will be posted on the wall just outside the classroom door.

9:30-9:40	Activities in room/Supervised Free Play
9:40-10:00	Bible Story/Snack
10:00-10:20	Outside Play/Indoor Large Motor Room
10:20-10:40	Music
10:40-11:00	Lesson Plan Activities/Supervised Free Play/Diaper Check/Toileting
11:00-11:20	Language Arts
11:20-11:40	STEM
11:40-12:10	Lunch
12:10-12:30	Art
12:30-1:00	Lesson Plan Activities/Supervised Free Play/Diaper Check/Toileting

4. Staff/Child Ratios and Group Size

A child's birthday is used in determining class placement. Once placed in a class a child will remain with the same children for the school year. If, for any reason, a child is moved into a different classroom, a written plan for the transition will be made in cooperation with a parent.

Mom's Day Out will not exceed the following state required ratios:

teacher/child	group size maximum
1:7 Toddlers (18 months-30 months)	2:14
1:8 Toddlers (30 months to 36 months)	2:16
1:12 Preschoolers (3 years- 4 years)	2:24
1:14 Preschoolers (4 years until eligible for kindergarten)	2:28
1:18 School-agers (eligible for school)	2:36

Because we desire to provide a higher level of quality care, we will strive to maintain ratios much lower than this. Limitations do not include outdoor play or special activities.

5. Opportunities for Parent Involvement in Center Activities

Parents are welcome to visit during our school day. There will be an opportunity for you to participate with your child during our orientation days, invitations to special events throughout the year and a chance for the children to sing on stage in December as part of the Dublin Baptist Church's Christmas music service. Please let us know if you have a special talent or interest that you would be willing to share with the classes.

6. Opportunities for Parents to Meet with Teachers Regarding Their Child

All our teachers are available for you to talk with. For a quick chat, please feel free to wait just a few minutes until all other children have been dismissed. For a longer meeting time, please see the Administrator so a time can be set.

7. Payment Schedule, Overtime Charges, and Registration Fees

- A one-time registration fee is collected on July 1st or upon registration. Fees are based on the number of days a child will be attending.
- A monthly tuition is due the first week of every month. In some cases, tuition is adjusted for families with multiple children attending.
- We prefer that tuition payments be made by using Procure or with a check payable to "DBC".
- Please be prompt in paying. No child will be allowed to attend class with unpaid tuition.
- To preserve your position in the program, full payments must be made each month even if your child was unable to attend all their days. We do not offer make-up days if your child is absent.
- For international families with scheduled trips out of the US for a month or more, tuition will be prorated.
- A late fee of \$15 (per child) is to be paid for children picked up after 1:10 p.m.
- You will need to cover any fee assessed by the bank on returned checks.
- **All tuition paid is non-refundable.**
- A written 30-day advanced notice is required prior to the removal of a child from the program.
- Disenrollment may be necessary for nonpayment of fees or failure to follow policies of this center.

Receipts for tuition and other fees and tax receipts can be found under the billing information on Procure.

8. Supports for Breastfeeding or Pumping Mothers

Mom's Day Out supports breastfeeding families. A private space in the Koalas room is available for parents who wish to breastfeed or pump

Center Policies and Procedures

1. Enrollment Information

Mom's Day Out enrolls children who are 18 months old *before* the start of our school year (September 1st) through kindergarten. There are three sessions of Mom's Day Out each week, Tuesdays, Thursdays, and Fridays, (9:30 a.m. to 1:00 p.m.) Each child may attend one day per week, two days per week, or all three days.

Before a child may attend, an enrollment packet must be completed, including:

- Child enrollment and health information form (basic enrollment/health information, updated annually and whenever information changes)
- An immunization record, including the child's name and birth date, on file within 30 days of the child's first day, updated annually (children in kindergarten/elementary school are exempt).

2. Care of Children Without Immunizations

Children whose immunizations are delayed or contraindicated will need a statement from a physician, PA, or APRN. Parents who have declined immunizations for their child must submit a written statement including the reason.

Parents of children without immunizations will be notified of outbreaks in the community of those diseases that pose a risk to these children.

3. Attendance Policy

Arrival and Departure

Arrival: The hallway leading into the preschool wing of the church will be opened for you at 9:25 a.m. Please walk your child to their classroom. We ask that you leave your child with the teacher at the classroom door. Your child's teacher will place an identification label on your child's shirt each day.

You are welcome to call us at any time to check on your child.

If there is something specific you would like your child's teacher to know at drop-off, it will be best to write it in a note to hand to her or send a message through Procure.

The double doors outside the main church office will be closed between 9:45 a.m. and 12:45 p.m. Only parents, guardians, and authorized people are allowed to open these doors and proceed to the preschool wing desk. All visitors and those touring the program must stop at the church office for assistance.

Departure: Our Mom's Day Out day ends at **1:00 p.m.** When you return at the end of the day please pick your child up at the classroom door. The classroom teacher will sign them out at pick-up. If someone else will be picking up your child, they must be listed in your child's Procure profile.

Please be prompt when picking up your child. If a child has not been picked up by 1:10 we will call you and then begin contacting the people listed as emergency contacts on your child's registration form to ask them to come and pick up your child.

Parents are responsible for the supervision of their child before and after school hours. Please keep them in sight and please do not allow them to run in the halls. On most Tuesdays and Thursdays, we will leave the ROCK open for families to play from 1:00-3:00. Each child must be supervised, by a parent, at all times. Toys are to be put into the MDO closet before families leave.

Items to send each day

Please send the following items with your child, **labeled with your child's name:**

- Backpack
- Diapers or pull ups and wipes, if needed
- A full change of clothes
- Toddlers and Preschoolers will need a lunch and **two** (2) drinks that do not require special

refrigeration or storage, and that your child can manage on his or her own. The teachers will assist with opening baggies and other food and drink containers but will not be able to feed a child.

***It is especially important that **all lunches and cups are clearly labeled** with names. ***

We ask that you do not allow your child to bring toys from home. A pacifier, blanket, or stuffed animal for comfort purposes is always welcome and must be labeled.

Please dress your child in play clothes and outerwear appropriate for the season. Closed toe shoes are recommended.

Absent Day Policy

Please let us know if your child will be absent. You may send us a message through Procure, email us at mdo@dublinbaptist.com or call 614-718-0895.

Releasing a Child to Someone Other Than a Parent

Only individuals authorized in your child's Procure app may pick up your child.

Releasing a Child According to a Custody Agreement

If a custody agreement affects pickup authorization, the center must be provided with official legal documentation on file.

Follow-Up When a Child Does Not Arrive as Scheduled

Not applicable.

4. Supervision of Children

Our teachers are employees of Dublin Baptist Church. Each one has been through the Dublin Baptist Church Childhood Protection Plan which includes a thorough background check. Fingerprinting is part of this check. Each teacher is trained according to state guidelines, observed, and evaluated by the Administrator.

We always have staff members on sight that are trained in CPR, First Aid, Communicable Disease Management, and Child Abuse Recognition.

Teachers are trained to eliminate children's exposure to inappropriate language, media and behavior.

Mom's Day Out teachers use Procure, the childcare software, to keep track of attendance, maintain records, send pictures and easily contact parents if needed. Parents are required to sign up when they receive an invitation.

If a teacher needs assistance with resolving any problem they will seek help from the program administrator.

If for any reason a teacher is absent, a qualified substitute will step in.

All staff members are available to meet with parents. Please see the Administrator to set up a time.

A major responsibility of the staff is to ensure the health and safety of each child entrusted in our care. Staff are alert to the safety needs of their children, anticipate possible hazards, and take necessary appropriate precautionary and preventative measures. Your child will be supervised at all times and be left unattended. There will always be enough teachers in your children's classroom to ensure staff/child ratios are maintained. If needed, classes might begin the year with extra teachers to accommodate the children during their adjustment time.

5. Child Guidance

Mom's Day Out uses positive guidance strategies to help children understand expectations and develop self-regulation and problem-solving skills. All our MDO teachers and staff have been trained in the use of positive reinforcement as the primary means of achieving good behavior in their classroom. When this does not work all employees have been instructed to use only the following discipline procedure (in order) with a misbehaving child:

1. The child will be directed to another activity.
2. The child will sit in time-out (one minute for every year of their age) up to two times. At this point a notice will be filled out to send home with the child.
3. The child will be removed from class, sent to spend some time with the Administrator, and returned to class. Parents will be notified.
4. The child's parents will be called to remove the child from class for the day. The Administrator will talk with the parents at this time and may discuss the need for a behavior management plan.
5. The Administrator may dismiss a child with ongoing behavior problems from the program.

NOTE: A child who bites another child or a teacher will skip steps 1. and 2. and will be sent immediately to the Administrator.

Please notify your child's teacher if anything is going on outside of Mom's Day Out that might affect your child's behavior or mood.

Some children will be upset or even very upset when their parents leave. This is normal, we expect it, and the teachers are trained to help those who are having a hard time. Most children adjust to the classroom setting in just a week or two. Others may take as long as six weeks. If after six weeks a child shows no improvement, we may ask for this child to be withdrawn from the program and try again when they are a bit older.

6. Suspension and Expulsion

When a child's behavior poses a risk to themselves or others, Mom's Day Out works with the family on a behavior support plan. If the behavior cannot be safely managed, the child may be suspended or expelled. Expulsions for behavioral reasons are reported to DCY through the Ohio Child Licensing and Quality System (OCLQS), as required.

7. Americans with Disabilities Act (ADA) Compliance

Mom's Day Out complies with the ADA and evaluates each child's needs individually to determine appropriate accommodation.

Administering Medication to Children with Disabilities

Mom's Day Out does not administer any medication to any child.

Administering Care Procedures to Children with Disabilities

Staff responsible for a child with a disability receive training on any necessary non-medical care procedures before providing care.

8. Outdoor Play

Children go outside daily; weather permitting (unless limited by safety, temperature, humidity, wind chill, ozone levels, pollen count, lightning, rain, or ice). If unable to go outdoors, children will go to the large motor skills room.

Limitations Due to Weather or Safety Issues

Children are not taken outside when the temperature is below 25°F or above 90°F, or during lightning, heavy rain, or air quality alerts.

9. Food and Dietary Policy

Meeting One-Third of the Daily Recommended Dietary Allowance

Lunches are provided by parents. We ask that lunches are well balanced (see attached recommendations), food is cut into safe sizes, and that all food can be eaten without assistance. Teachers will assist in opening lunchboxes, drink bottles, and packaging.

Formula, Breast Milk, Meals, and Snacks

Snacks are chosen randomly from the items brought in as part of the children's school supply list. Specific snacks eaten each day will be posted on the classroom door.

Children with food allergies will be given a snack from their own lunch box each day.

Supplemental Food

If a parent forgets a child's lunch, a "lunch-able" style lunch will be offered to them.

10. Management of Illness Policy

Isolation Precautions

A child who becomes ill while in care is kept comfortable and isolated within sight and hearing of staff until picked up.

Symptoms for Discharge and Conditions for Return

The Mom's Day Out teachers and staff will do all we can to ensure a safe and sanitary environment for your child. If this is your child's first group care experience, it is possible that they may experience more frequent illnesses at the beginning of their time with us before their immune system becomes more active. We observe all children as they enter the program to quickly assess their general health.

Please do not send your child to Mom's Day Out if they exhibit any of the following symptoms:

- Temperature of at least 100 degrees Fahrenheit when in combination with any other sign or symptom of illness
- Diarrhea (three or more abnormally loose stools within a 24-hour period)
- Severe coughing, causing the child to become red or blue in the face or to make a whooping sound
- Difficult or rapid breathing
- Yellowish skin or eyes
- Redness of the eye, obvious discharge, matted eyelashes, burning, itching
- Untreated infected skin patches, unusual spots or rashes
- Unusually dark urine and/or white or gray stool
- Stiff neck with an elevated temperature
- Evidence of untreated lice, scabies or other parasitic infestations
- Sore throat or difficulty in swallowing
- Vomiting more than once or when accompanied by other signs or symptoms of illness

Children who display any of the above symptoms will be removed from the classroom, parents called, provided with a cot in an isolated, supervised area, and sent home. We will reference the ODH Communicable Disease Chart and follow instructions, determine whether illness needs to be reported to ODH and when a child is able to return to class.

We do allow children with mild cold symptoms to attend if they are able to fully participate in activities and their symptoms do not pose a risk to other children.

Notification of Parent

In the event your child displays any of the above symptoms we will call for you to pick up your child immediately. If we are unable to reach either parent in 15 minutes, we will begin calling the emergency contact people listed on your registration form. Parents will be provided with an injury/incident form listing the symptoms.

A notice will be sent through Procure if a classroom has been exposed to a communicable disease.

11. Emergency, Serious Illness, and Injury Procedures

In the case of minor injury (for example minor bumps or bruises) or illness (for example runny nose, slight cough) we will provide care and submit injury/illness form to parents at the end of the day.

In the event of a serious injury or serious illness, a familiar staff member will stay with injured/ill child and summon additional help if needed to supervise the rest of the children. We will quickly complete an assessment, summon a staff member trained in First Aid/Communicable Disease, and check child's health information to determine if a

Medical/Physical Health Care Plan has been completed. Parents will be called. Parents and a trained person will determine whether EMS needs to be contacted. Staff will provide basic first aid until EMS or parents arrive. We will complete an incident report for parents.

We do have an Automated External Defibrillator on site. We do not have any emergency medication (such as Epinephrin or Naloxone) on site.

If emergency situations it may be necessary for EMS to be called to assess a child even if parents have not given permission to transport.

A fire drill will take place each month. In the event of a fire, teachers will follow the posted evacuation plan to lead the children out of the building to the designated spot assigned to the class.

Weather emergency drills will take place monthly March through September. In the event of a tornado the teachers will follow the posted route and lead the children to a designated safe spot.

If the Preschool wing needs to be evacuated because of a threat to the safety of the children due to environmental situations or threats of violence, authorities will be called, and the children will be moved to Fellowship Hall at the opposite end of the building.

If the church needs to be evacuated the children will be moved directly across Coffman Road to our A.R.C. building.

Needing to go farther we would follow the directions given by the proper authorities and contact the parents as soon as the situation allows. Proper authorities will also be used to determine if a situation requires children whose parents refuse to grant consent for transportation to go to a source of emergency treatment.

Quarterly lock down drills will be conducted.

In the event of the loss of heat, water, or power the utility company would be contacted to determine the length of the outage. If deemed necessary, the parents would be called to pick up their children.

12. Administration of Medication and Topical Products

Mom's Day Out does not administer any medication, including topical products, to any child.

Medical Foods

We will not give medical food to children. Parents are allowed to come in for this purpose.

Modified Diets

Children with food allergies will be given food only from their own lunch box. Parents of children with food restrictions due to religious or cultural preferences must approve the daily snack each day. Food allergies and dietary preferences will be noted on the child's nametag, cubby tag, and table place card.

13. Transportation Policy

Mom's Day Out does not currently offer transportation.

Transportation for emergencies: In the case of a medical emergency a child would be transported by EMS.

Children whose parents do not consent to emergency transportation will be transported by a parent.

14. Water Activities/Swimming

Not applicable.

15. Infant Care (if applicable), Feeding, and Diaper Checks

Mom's Day Out currently serves toddlers and preschool-age children.

Diaper/Toileting Procedures

We do not require a child to be potty trained. Diapers will be checked every 1.5 hours and when noticeably wet or dirty.

Parents are to supply all diapers, wipes and spare clothes. We cannot apply diaper cream.

When your child has begun potty training, please let the teachers know your preferred routine and the words you are using. We ask that you take your child to the bathroom just before dropping them off. We will ask your child if they need to use the bathroom about every 30 minutes.

We ask that you send your child in pull-ups until they are not having accidents at home.

Parents are to supply pull-ups, wipes, and extra clothes, socks, and shoes during this time.

A log of restroom trips can be provided if requested in writing.

16. Sleeping, Napping, and Resting Policy

We do not incorporate a nap time into our schedule. If a child falls asleep he or she will be placed on a cot and allowed to sleep, with supervision.

17. Evening and Overnight Care

Not applicable.

18. Hours of Operation, Weather Closures, and School Delays

The MDO school year is based on the Dublin Public School calendar. Most of our school closings match for holidays and vacations.

We will also use local public schools to determine the need to close Mom's Day Out due to inclement weather, poor traveling conditions, or illness. On questionable mornings please listen to the television or radio for school-related closings that affect Dublin Public Schools. If Dublin or Hilliard Public Schools are closed or even delayed due to weather conditions, there will be no Mom's Day Out classes. We will do our best to send a message through Procure before 8:00 am.

If we close MDO more than two times on the same day of the week for weather related reasons, we will make up additional days after the end of the school year.

19. Disenrollment

- A written 15-day advanced notice is required prior to the removal of a child from the program.
- The Administrator may dismiss a child with ongoing behavior problems.
- Disenrollment may be necessary for nonpayment of fees or failure to follow policies of this center.

20. Problem or Issue Resolution

Parents and employees are encouraged to bring concerns directly to Patty Giammarco. Mom's Day Out works with families and staff to resolve issues promptly. Concerns about licensing compliance may also be reported to DCY using the toll-free number listed on the center's license. Current licensing rules are available on the DCY's website.

21. Formal Screenings, Assessments, and Data Reporting

Mom's Day Out does not conduct any formal screening or assessment of children or make reports to outside agencies. Upon request of a parent, we will allow other professionals to observe a child during class.

Miscellaneous

Mom's Day Out does not post pictures of children or use any of their information on social media. We will be posting classroom photos of our daily activities through Procure, our secure school app. During the school year we will be taking photos of the children for various school projects. Our Christmas performance will be available on Dublin Baptist's website.

We are a smoking free center.

At the end of this handbook, you will find important licensing attachments. Please take the time to also read this information.

Note: A copy of this document is required to be given to the parent upon enrollment of their child in the licensed child care center.

The child care center is licensed to operate legally by the Ohio Department of Children and Youth (DCY). This license is posted in a noticeable place for review.

A toll-free phone number is listed on the license and may be used to report a suspected violation of the licensing law or administrative rules. The licensing rules governing child care are available for review-online at <https://codes.ohio.gov/ohio-administrative-code/chapter-5180:2-12>.

Administrators and each employee of the center are required, under Section 2151.421 of the Ohio Revised Code, to report their suspicions of child abuse or child neglect to the local public children's services agency.

Any parent of a child enrolled in the center is permitted unlimited access to the center during all hours of operation for the purpose of contacting their children, evaluating the care provided by the center, or evaluating the premises. Upon entering the premises, the parent or guardian shall be to notify the Administrator of their presence.

Licensing records, including licensing inspection reports, complaint investigation reports, and evaluation forms from the building and fire departments, are available for review upon written request from DCY. Early care and education program information and inspections are also online using the Child Care Search Tool on the DCY website at <https://childrenand youth.ohio.gov/for-families/early-care-education/child-care-search>.

It is unlawful for the center to discriminate in the enrollment of children upon the basis of race, color, religion, sex, national origin or disability in violation of the Americans with Disabilities Act of 1990, 104 Stat. 32, 42 U.S.C. 12101 et seq. To file a discrimination complaint, write or call Health and Human Services (HHS) or DCY. HHS and DCY are equal opportunity providers and employers.

Write or Call:
OCC/ACF/HHS
Southwest Region
1301 Young Street, Suite 958
Dallas, TX 75202
214-767-3849

Write or Call:
ODJFS
Bureau of Civil Rights
30 E. Broad St., 30th Floor
Columbus, OH 43215-3414
(614) 644-2703 (voice)
1-866-277-6353 (toll free)
(614) 752-6381 (fax)
1-866-221-6700 (TTY) or (614) 995-9961
bcr-fax@jfs.ohio.gov (e-fax)
Civil_Rights@jfs.ohio.gov (e-mail)

For more information about child care licensing requirements as well as how to apply for child care assistance, please visit <https://childrenand youth.ohio.gov/for-families>.

For more information on Medicaid health screenings and early intervention services for your child, please visit <https://medicaid.ohio.gov/families-and-individuals/citizen-programs-and-initiatives/healthcheck/> and <https://ohioearlyintervention.org>.

For information on cash food assistance, please visit <https://jfs.ohio.gov/cash-food-assistance>.

Daily Food Plan



Use this Plan as a general guide.

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

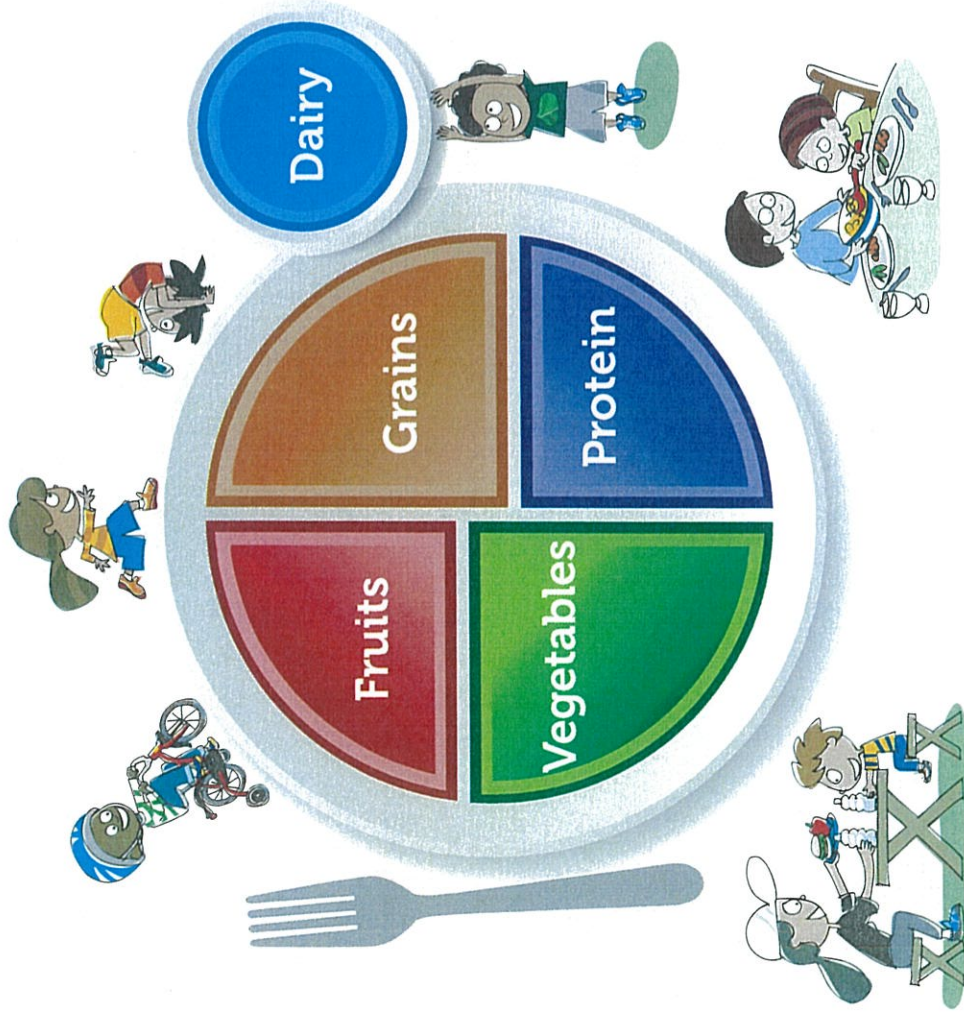
Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese 1 string cheese

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child's throat—about the size of a nickel.

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and Ideas" to see how these amounts might look on your preschooler's plate at www.choosemyplate.gov/preschoolers.html.



Healthy ^{for} preschoolers Eating



ChooseMyPlate.gov



Get your child on the path to healthy eating.

Focus on the meal and each other.

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.

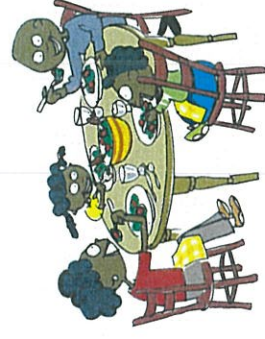
Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves.

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.



Cook together.

Eat together.

Talk together.

Make meal time family time.