

★ Mealtime Distractions ★

WAL-MART GAME

- ★ One person thinks of an item—any item—found in Wal-Mart (or another store of your choice).
- ★ Everyone else at the table then asks yes-or-no questions trying to guess what the item is.
- ★ Example questions: “Is the item found in the electronics aisle?” “Is the item something you’d use in the kitchen?”
- ★ Whoever guesses what the item is gets to think of the next item in the next round of the game.



Products to Purchase

- * **Mad Gab** by Mattel (\$22.59, Amazon.com)
- * **TableTopics: Family** (\$24.99, Amazon.com)
- * **‘Would You Rather...?’ Classic Card Game** by Zobmondo (\$5.99, Amazon.com)



Scattergories

- ♥ Pick a category (popular categories include animals, movie titles, bands/musicians, etc.)
- ♥ One person begins by naming something in the chosen category that starts with the letter ‘A.’
- ♥ The person to their right then lists something beginning with ‘B,’ the next person lists something with ‘C,’ etc.
- ♥ Continue in alphabetical order until you have reached the end of the alphabet.

Hints & Tips

- ➔ Make sure your child continues to eat while playing table games or utilizing other distraction techniques.
- ➔ Avoid talking about food during meals.
- ➔ Offer positive encouragement to your child.
- ➔ Be firm, yet patient & compassionate.
- ➔ Validate that the meal is difficult for your child & encourage them to process their feelings after the meal.
- ➔ Remind your child of incentives & positive outcomes of eating their meal.

Post-It Game

- ♣ Without letting other players see, write the name of a celebrity/animal/object on a Post-It note. Stick it to the forehead of the person on your right.
- ♣ Once everyone has a Post-It on their forehead, each person then goes around the table & asks yes-or-no questions to try & guess what is written on the Post-It on their forehead.

