Mealtime Distractions

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.

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)

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.

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.

GIRAFFE!
HONEY BADGER!
FOX!