



Wee Learn

Wee Learners
(4 - 5 years):
Teaching Children Good
Table Manners



Whether you're eating at home or dining out good table manners for children are an important part of every meal. When you teach your child good table manners, you are giving them important tools for social interaction that will serve them for the rest of their lives

Basic Table Manners to Teach Your Kids

- 1. Come to the table with hands and face clean.**
- 2. Always ask if there is anything you can do.** Whether at home or someone else's house, always ask the grown-up if you can help do anything to get ready for dinner.
- 3. If setting the table, remember BMW.** BMW-Bread and milk go on the left and water on the right. They can also remember where silverware goes by the number of letters in the words "left" and "right," says Rossi. The fork on the left has four letters, and the knife on the right has five letters.
- 4. Watch the host to see when you should unfold your napkin.** If they put their napkin on their lap, that's the signal for you to put your napkin on yours.
- 5. Wait until everyone is served before eating.**
- 6. Never, ever chew with your mouth open.**
- 7. Never stuff your mouth.** Teach your child to take small bites and never wolf down their food.
- 9. Never reach to get something.** Remind your child never to reach across the table to get anything they need. Get them in the habit of asking tablemates to pass them something.
- 10. Put the napkin on the chair, not the table.** Teach your child always to put their napkin on their chair if they need to use the restroom. It should never go on their plate or the table.
- 11. Always push your chair in when finished.** When they get up from the table, they should push their chair back against the table.
- 12. Always pick up your plate and say thank you.** This is an important habit to get your child into at home, if it is part of their routine, they will be more likely to do it when at someone else's home.

Good table manners will be appreciated by people who come into contact with your child.

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