

Hello, grownups!

When your child does something you're pleased with at mealtimes, give them a reward sticker*. There are enough to reward each task twice. * The stickers are on a separate downloadable. We're sorry we couldn't make them sticky for this promotion!



's

Write your name here.

Pop this on your wall!

mealtime reward chart



ate



food



fruit



I ate all of my food.



Pop on a reward sticker!



help



all gone



I helped to make my food.



Great job, now pop on a sticker!



I finished my drink!



Well done! Add a sticker!



drink



I ate some fruit.



Pop on a Mr. Tumble smile sticker!



I ate something new.



You're clever! Have a sticker!



I ate some vegetables.



Yummy! Add a sticker!

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