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Top Ten Table Manners for Children

1. Come to the table with clean hands and face.
2. Put your napkin on your lap.
3. Start eating when everyone else does—or when a grown-up says it's okay to start.
4. Stay seated and sit up straight.
5. Keep elbows (and other body parts!) off the table while eating.
6. Chew with your mouth closed. Wait to talk until you've swallowed.
7. Say "Please pass the potatoes" instead of reaching.
8. Chat with everyone at the table, but don't make rude noises like burping or slurping.
9. Ask to be excused when finished and say, "Thank you."
10. Offer to help clear the table.



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Table Manners... Sticky Situations!

Uh oh!

- If you eat something you don't like, don't make a fuss, just leave it on your plate.

Sneezing, coughing and nose blowing

- Cover your mouth with a napkin, a tissue or your hand.
- Leave the table to blow your nose. Find a bathroom, blow your nose and wash your hands before coming back to the table.

Oops! Say "I'm sorry" when...

- You burp
- You spill a drink
- Food drops off your plate. (Then, use your spoon or fork to put it back on the edge of your plate.)