



New Tool for Teaching Table Manners to Kids *Emily Post's Table Manners for Kids* **By Peggy Post & Cindy Post Senning, Ed.D.**

BURLINGTON, VT—You are in line at a buffet and the child before you has just sneezed all over the macaroni salad. The boy in the booth across from you at the diner is obnoxiously licking the barbeque sauce off of his fingers. And after your young nephew decides he doesn't like broccoli, spitting out a mouthful all over his plate, you just want to scream: What has happened to our children's table manners?

In a world where fast food and dinner dashes continue to replace family meals, it is easy for young ones to forget their manners. *Table Manners for Kids*, (Harper Collins Children's Books; May 2009; \$15.99) by Peggy Post and Cindy Post Senning, Ed.D., of The Emily Post Institute, is a new tool for teaching children the importance of table manners. It delivers timeless table etiquette and tips on manners specifically to its audience of 8-12-year-olds. "The key is to make manners relevant to kids," says Post Senning. "This book gives children in this age bracket the skills they need to excel at this point in their lives."

Table Manners for Kids offers modern advice on topics such as where to put used silverware, what is considered polite dinner conversation, and even how to eat the dreaded cherry tomato. Long gone are the stuffy rules of etiquette that answered questions like: Where does the butler stand? Written directly to kids, the easy-to-read guidebook begins with fundamentals such as how to correctly hold utensils, and how to set a table according to the type of meal served. Hosting and special situations are addressed, as well as an entire section devoted to how to eat tricky foods like corn-on-

the-cob and lobster. Cindy and Peggy include helpful Q&A's and useful tip boxes throughout the book, and Steve Björkman's humorous illustrations help kids remember that learning about manners can be pretty funny stuff.

With ***Table Manners for Kids***, children will no longer feel out of place at the dinner table and parents can be confident that they will be a welcome presence at any meal.

About the Authors

PEGGY POST is a director of The Emily Post Institute, Inc. and has written more than a dozen books on etiquette, including the 17th edition of Emily Post's *Etiquette, Wedding Etiquette, Fifth Edition*, and *Excuse Me, But I Was Next...* Peggy is also the co-author of ***Table Manners for Kids*** with Cindy Post Senning, Ed.D. Peggy is a nationally recognized authority on etiquette, and millions seek her advice through her monthly column in *Good Housekeeping* magazine. Peggy conducts speeches and seminars across the country and teaches table manners classes to children of all ages. She has appeared on *Dr. Phil*, *The Oprah Winfrey Show*, *Live with Regis & Kelly*, *Good Morning, America*, and NBC's *Today*.

CINDY POST SENNING, ED.D. is a director of The Emily Post Institute, Inc. where she oversees the children's book program, develops etiquette curriculum for children's programs, and conducts seminars and workshops across the U.S. Cindy is the co-author, with Peggy Post, of ***Table Manners for Kids***, *Emily's Magic Words*, *Emily's Everyday Manners*, *The Guide to Good Manners for Kids*, and *The Gift of Good Manners: A Parent's Guide to Raising Respectful, Kind, Considerate Children*. Cindy has a doctorate and a master's degree in education and thirty years experience in health care and public education. Her experience uniquely qualifies her to write definitively on the subject of children's manners in the 21st century. She has been interviewed by *The New York Times*, *The Wall Street Journal*, *Parents*, *Newsweek*, and *Real Simple*.

TABLE MANNERS FOR KIDS

by Peggy Post & Cindy Post Senning, Ed.D.

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