

## The Golden Rule Of Parenting:

Always behave the way you want your children to behave.



**What you can expect...**

- Sit at the table with family
- Help set and clear the table (with assistance)
- Participate in table conversation
- Use table utensils
- Serve and pass dishes
- Chew with the mouth closed

**The relevant manners...**

- Asks to be excused
- Is quiet during grace
- Participates in conversation during the meal
- Uses utensils and napkin
- Stays at the table until done
- Sits up (doesn't drape over the table)
- Chews with mouth closed
- Doesn't talk with mouth full

**What a parent can do...**

- MODEL, MODEL, MODEL
- REPEAT, REPEAT, REPEAT
- Be patient
- Have meals together as a family (good for family and a great opportunity for kids to learn and practice table manners)
- Encourage good posture at the table
- Pick 3 most important table rules or guidelines and focus on those
- Practice at home for meals away from home

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- REPEAT, REPEAT, REPEAT