

“I Am Learning Manners”

Subject:

Etiquette/manners.

Focus:

Etiquette while self-feeding with eating utensils.

Overview:

Once a toddler begins to self-feed with eating utensils, much development can happen in more than one developmental area. For instance, physical and motor development, language development, cognitive development, and social emotional development all are enriched during mealtimes. One method teachers can use to assist with this development is to have family-style meals with older toddlers and model appropriate development and mealtime interactions.

Purpose:

To enrich a toddler’s development during mealtimes.

Objectives:

- Teach toddlers appropriate manners during mealtimes through modeling.
- Socialize toddlers by modeling appropriate mealtime behaviors.
- Enrich toddlers’ meal experience through interaction with other children and adults.

Resource Materials:

- A table appropriately set for eating a meal.
- A booster seat for the toddler.
- Toddler-sized utensils along with child and adult utensils.
- An appetizing meal.
- Pleasant conversation with appropriate manners.

Activities and Procedures:

1. Have all children and at least one adult sit at the table that is set for a meal.
2. Begin passing the food around in child-sized containers for self-serving, remembering that the toddler(s) may need assistance.
3. Begin eating and having pleasant conversation, making sure to follow your etiquette rules and manners.
4. Point out and highlight appropriate manners during the conversation and mealtime.
5. After the meal is complete, have older children clean their spots, putting food in the trash and dishes in the sink or a small plastic washtub.
6. Make sure that everyone washes their hands.

Tying It All Together:

Mealtimes are great for socialization and learning, especially in family-style arrangements. This way the teacher can model appropriate behavior, monitor the children, and assist children when necessary. Pleasant conversation adds to the atmosphere and teaches and socializes children as well. By modeling, monitoring, and assisting, the teacher is actually guiding the children’s behavior and helping the children to learn how to guide their own behavior, too.

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