



# Supporting Positioning & Participation During Mealtime

Mealtimes are an important part of a child's day, but they can be challenging for children with complex needs who may require extra support. Try the ideas below to help your child participate during mealtimes.

## Help Your Child Join In at Mealtimes

- Place your hands over your baby's to help them hold their bottle.
- Try different breastfeeding positions to find what works best for you and your baby.
- Modify a highchair using rolled-up towels or pool noodles for side support.
- Ensure a solid surface under your child's feet by adding a footrest or stacking boxes/books.

*If your child needs additional support, talk to your service provider about assistive technology options in your area.*

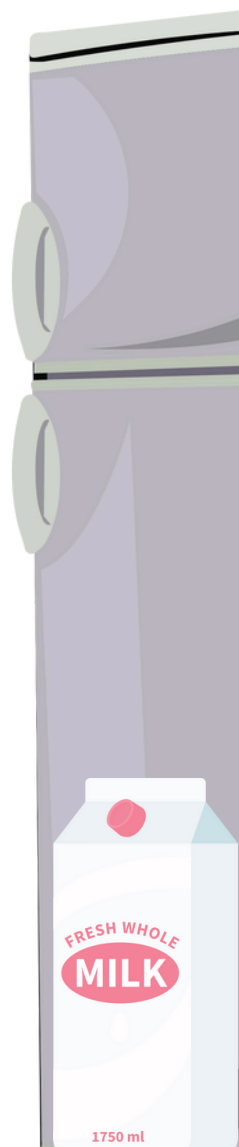
## Make Mealtime a Fun Learning Experience

- Let your child explore food when introducing solids. This may include touching, smelling, or playing with the food.
- Talk about the food's colors, shapes, textures, and smells.
- Eat together when possible. Mealtime can be a wonderful social experience, even if you're eating different foods.

## Engage Your Child in Mealtime

- Let your child help bring dishes to the counter or table.
- Use tools like a stool, tower, gait trainer, stander, or activity chair to position your child at counter height.
- Offer safe kitchen items (like bowls and spoons) so your child can help stir, bang or chop.
- Position younger children safely nearby and describe what you're doing as you cook.

**A**lways supervise your child during mealtime.



Family, Infant and Preschool Program  
of the  
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