



# ARFID MEALTIME CHECKLIST

A LOW-PRESSURE GUIDE FOR  
SUPPORTIVE, STRUCTURED MEALS



# MEALTIME CHECKLIST

## BEFORE THE MEAL

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- I am calm.
- I've lowered my expectations to "progress, not perfection."
- There is at least one safe food on the table.
- Portions are realistic (child's palm size) and not overwhelming.
- I'm not planning to comment on intake.
- I chose to focus on connection over consumption.

## DURING THE MEAL

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- Conversation is neutral or pleasant.
- I am staying curious about my child's body language.
- I am monitoring my own tone and body language.
- I am not pressuring my child to eat a new or non-preferred food.
- I am not bribing, threatening, or negotiating.
- I allow my child to decide what and how much to eat.
- I am modeling calm eating without commenting on my own food.
- If anxiety rises, I validate my child before problem-solving.

## AFTER THE MEAL

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- No post-meal lectures or punishments.
- I don't talk about the amount or type of foods eaten in front of my child.
- I only acknowledge effort, not volume.
- I reflect privately on what went well.
- I remind myself that small wins count.