



WE'VE TEAMED UP WITH DR. DAVID COLEMAN, RENOWNED CHILD PSYCHOLOGIST!

Through this partnership, we're offering expert guidance on fostering healthy eating habits in children!

Hot school meals are a relatively new phenomenon in Irish primary schools. Children, parents and schools are all experimenting with new systems, new foods and new habits. This takes time to establish.

Parents are key influencers of their children, which means that if you want your child to be able to take advantage of hot school meals, you might have to do a bit of extra legwork to increase the likelihood of your child loving their lunches! Here are my top tips for encouraging children to eat their school meals.

specialised in working with children and their families!



- Dr. David Coleman

1. Increase Ownership

Let your child be involved in the selection of meals from the menu. If they feel they had some control they may be more invested in eating what they picked.

2. Take Advantage of Peer Influence:

Remind your child that lunchtime is also a fun social time to eat with friends. Eating together can encourage them to finish their meal. This can make eating more fun and adventurous.

3. Talk About the Importance of Eating at School:

Talk about how food helps them focus, have energy, and feel good throughout the day. Let them know that skipping meals can make them feel tired or unable to concentrate. Reinforcing the connection between food and feeling good can help motivate them to eat.

4. Set a Positive Example:

Children often mirror their parents' behaviour. If they see you eating balanced meals and enjoying food, they're more likely to develop a similar attitude. Share stories about your favourite meals or fun lunchtime experiences from your childhood to build excitement.

5. Address Any Concerns:

If your child isn't eating their school meals, ask them about it and check with their teacher. There might be factors like disliking the taste, embarrassment about certain foods, or being distracted by friends. Remember that creating new habits takes time and lots of consistency. Avoid the temptation to give up too soon if you really want them to have the option of hot meals. Understanding any issues helps you address them.



David's deep expertise in children's emotional and psychological development aligns with our mission to support parents, helping to create **POSITIVE MEALTIME EXPERIENCES.**

Through this partnership, we aim to empower families with practical, compassionate advice to nurture their children's **WELL-BEING AND EMOTIONAL RESILIENCE.**

Read more about how we are transforming the nutritional landscape for children in Ireland on our website

www.thelunchbag.ie