

Assessing Mealtime & Play Behaviors

First, highlight the movement, games, and toys, your child chooses without any prompting from you. Next circle the things you would like your child can do. Highlight the mealtime behaviors your child seems to do most often. Circle the ones you wish your child did more often.

Typical Age	Mealtime Behaviors	Outdoor Play & <u>Movement</u>	Social <u>Games</u> with Others	Creative Play & <u>Toys</u>
Infancy “Sensory”	Frequent “on demand” feedings, Liquids (milk or formula) Pureed foods (after 3-4 months) Messy-food falls out mouth Frequent choking Occasional spitting up Cries for food	Limited outdoor time Learning to crawl, sit & stand Learning to push & pull Reaches for & grasps toys Explores with hands & mouth Enjoys rocking	Cuddling, bouncing & tickling Peek-a-boo Pat-a-cake Repeating sounds & words	Lullabies and soft voices Imitates facial expressions Enjoys lights on/off Attends to contrasts - black, white, bright colors Explores hands & feet Bangs to make noise Smells & tastes everything
Toddler “Movement”	Eats small portions Eats on a schedule Sits in high chair Pureed to soft chopped food Drinks from a sippy cup Messy-food falls out mouth Squeezes food with fingers Food falls off spoon Prefers single foods Avoids sticky foods Asks for foods by name	Walks, runs, climbs Throws & kicks balls Pushes wheeled toys Pulls wheeled toys Digs in dirt & sand Splashes in water Enjoys bouncing & swinging	Possessive of toys Demands adult attention Enjoys chase games Begins hide & seek games Asks for games & toys Puts toys away with help	Imitates adult actions Some “kitchen” play “Feeds” dolls/stuffed toys Makes toys “work” Pulls toys apart Scribbles on paper or wall Toys with lights & music
Preschool “Construction”	Eats small portions Eats on a schedule Sits at a table Eats solid foods Drinks from a cup Uses a spoon Shows interest in a fork Wipes mouth Spills drinks Enjoys dipping foods Asks for food in sentences Says “please”, “thank-you”	Jumps & hops Climbs up on slides Enjoys obstacle courses Throws balls at targets Catches balls sometimes Learns to ride a tricycle Makes messes in sand/mud Rough & tumble play Holds on to swing when swinging	Wrestles with adults Plays next to children Sometimes shares toys Laughs at silly behavior Initiates chase games Enjoys hide & seek games Plays simple board games Asks why, what, when, who, where Puts toys away when asked	Elaborate kitchen games Elaborate car games Enjoys helping in kitchen Names toys Enjoys listening to stories Tells stories about toys/self Enjoys dress-up Builds with blocks Does 25 piece puzzles Learns to draw pictures Cuts paper & sister’s hair Enjoys clay and dough

Typical Age	Mealtime Behaviors	Outdoor Play & <u>Movement</u>	Social <u>Games</u> with Others	Creative Play & Toys
School age “Invention”	Small portions get larger Remembers meal schedule Sets table Occasional spills pouring or carrying liquids Learns to cut own meat Clears table Washes dishes Makes own sandwiches Converses at table Remembers “manners” Asks to leave table	Plays hopscotch & tag Jumps rope Skips & learns dance steps Skates & skis Hikes Climbs trees and structures Makes obstacle courses Hits targets often with ball Catches ball most of time Learns to ride a bike Builds forts & tree-houses Propels self on swings	Plays games with “rules” Makes up “rules” for games Follows others “rules” Shares & trades toys Enjoys many board games Enjoys simple card games Plays “team” sports	Shares “pretend” with peers Writes name Illustrates stories Writes simple stories Makes up simple “plays” Uses scissors, glue, paint & other media in art Plays an instrument Invents sandwiches Learns to use adult tools
Pre-teen “Conformity”	Portions get larger May “skip” meals Makes own lunch Makes simple dinners Conversations need prompts Forgets “manners” Leaves table to join friends Brings friends home	Tests physical limits of endurance, strength Defies gravity Practices special skills May seem “clumsy” with growth spurts Enjoys watching others compete	Games with complex rules Same-sex friendship networks Enjoys collections/trading Board games with strategy Card games with points Plays organized sports Plays in orchestra or band	Invents drama with others Detailed drawings Builds complex structures Sews, knits, other crafts Writes songs Experiments with recipes Reads about sports, sci-fi, fantasy, famous people
Adolescent “Relationship”	Portions get much larger then stabilize May begin “dieting” Makes dinners for family Converses about interests “Manners” better away from home Eats out with friends Cooks meals for friends	Continues testing limits of endurance, strength, gravity, elements Develops special skills Clumsiness gradually disappears Learns to drive	Gaming networks Co-ed friendship networks Dating and gossiping Collections become lifelong “interests” Plays organized sports Plays in orchestra or band	Drama becomes theater Drawings become artwork Structures become architecture & engineering Crafters become artisans Songwriters become musicians Recipes lead to cooking

Look at the highlights and circles as a whole. Are there more highlighted behaviors in one row than in other rows or do they skip around all over the place? Does one row across have more circles than the other rows? Highlighted areas represent what your child chooses to grow his or her mind, body and spirit. The circles represent your expectations. How many circles do you find in the same rows as the highlighted areas? How many circles do you see in the rows above or below the highlighted areas? Do your expectations match your child's interests or do you tend to expect more or less emotional maturity than he has available?