



# TUCKER TALK TIPS 4 kids

# STRESS-FREE MEAL TIMES

## BEFORE EATING



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- Prepare the food together



## DURING EATING

- Always try to eat together



## AFTER EATING

- Give non-food rewards for good behaviour at meal times

## DURING EATING



## AFTER EATING



Stress-Free Meal Times - Too Deadly! 😊

Produced by the Victorian Aboriginal Community Controlled Health Organisation and MEND Australia. Illustrations by Brayden Williams.



**GET ACTIVE  
EAT GOOD TUCKER  
LIVE LONGER**  
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