

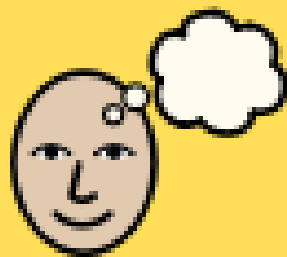
Safer Meal and Snack Times

General advice for staying safe at meal and snack times

IMPORTANT!

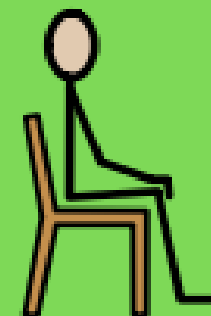
If I have a REDS plan please follow it and do not rely on this general information

Assist, rather than feed me where possible



Focus

- Make sure I am alert when eating.
- Reduce distractions in the room.
- Turn off screens when I am eating.
- Remind me to concentrate on my meal/snack.



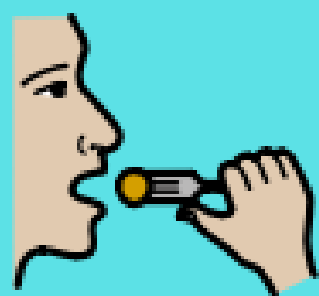
Posture

Check if I have recommendations for positioning. If there are none, upright is best.

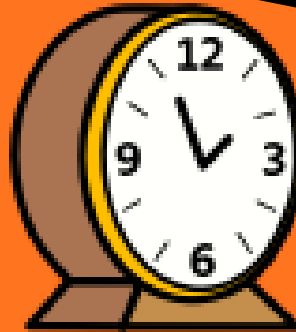
I should:

- Sit up straight with both feet on the floor.
- Not walk around when eating and drinking.
- Not slouch or lean over the table.

Size of Food



- Cut my food into small pieces.
- Help me eat one bite at a time.
- Make sure I don't put too much in in one go.



Pacing

I should:

- Eat slowly, one piece at a time.
- Put my fork or spoon down between bites.
- Swallow one mouthful before eating the next one.



Chewing

I should:

- Chew each mouthful of food well before swallowing.
- Not eat things that are too hard or chewy for me.



Drinking

I should:

- Make sure I drink enough.
- Take small sips rather than big gulps.
- Take turns taking food and drink during meals to help clear food left behind in my mouth