

Worksheet 10.7: Communication around mealtimes – calm and warm

One of the most important tasks for carers is to keep calm around mealtimes. This is not easy. Developing useful phrases to use over and over again can be really helpful. See *SBC*, pp. 187–8 and 210 for useful calm coaching phrases.

Work in pairs (or as a group) to:

a) come up with phrases that might be useful to encourage eating.

b) think of distractors – crossword, conversational cue cards or table games that can be used to support eating.

Having phrases to use at mealtimes can really help to set the tone for a calmer atmosphere. Never easy, but calmer. Carers find a broken record approach helpful in which they can repeat the same phrases over and over to help reduce anxiety around the meal. A range of distractions can also be very helpful in reducing the distress.