

## Make a mealtime clock with your child.

You can make your own or print this clock template. If you print the template, glue it to a paper plate to make it more durable so it lasts longer.

1. Copy this clock onto a paper plate.
2. Draw out 2 "hands" (arrows) for the hour and minutes as shown in the template. Cut the arrows out so you can attach them to the face of the clock.
3. Use a paper fastener to connect the hands (arrows) to the face of the clock. Make sure the hands (arrows) move easily.
4. Hang the clock in a place you can easily look at it with your child.
5. Set the time on the clock to the next meal or snack time.
6. Discuss with your child what they can do until the next meal or snack time.

