EYFS Mealtimes and Supervision

At Rivers Primary Academy, mealtimes are valued as important learning and social experiences where children develop independence, communication, and healthy habits. Our approach ensures that every child enjoys their meal in a calm, supportive, and well-supervised environment that promotes wellbeing and a positive attitude towards food.

Children are encouraged to serve themselves where appropriate, make choices, and practise using cutlery, developing fine motor skills and confidence. Practitioners sit alongside the children, modelling good table manners, positive conversation, and respectful interactions. This shared experience fosters language development, turn-taking, and social skills.

All mealtimes are fully supervised by qualified Early Years Practitioners who hold a Paediatric First Aid qualification and who know each child's dietary needs, preferences, and allergies. Children are always seated safely, facing forward, and positioned so that an adult can clearly see them while eating and chewing food, ensuring the highest standards of safety and care.

Careful planning and clear routines ensure that mealtimes are safe, inclusive, and nurturing, with practitioners engaging children in meaningful talk about food, health, and wellbeing. By creating a relaxed and unhurried atmosphere, we support children to listen to their bodies, try new foods, and enjoy mealtimes as a time to connect, learn, and grow together.