

# Taking your child out to eat!

## Do some research

Choose an accessible restaurant (*Watertown Accessible Dining*)

Search online for menus and make choices in advance

Ask for Braille menu at the restaurant

## Exercising Good Manners

Roleplay at home

Set the expectations beforehand

Develop non-invasive cues to maintain in-the-moment manners

## Eating with Confidence

Choose easy to eat foods (finger foods, foods that do not require cutting)

Don't be afraid to bring adaptive equipment (rocker knife, weighted spoon)

Provide child with a description of the table and its contents

## Fostering independence

Encourage your child to communicate with hostess/host and wait staff

Include your child in decision making

Encourage your child to try new things