



Top Ten Table Manners for Kids

1. Come to the table with clean hands and face.
2. Put your napkin on your lap.
3. Start eating when everyone else does—or when a grown-up says it's okay to start.
4. Stay seated and sit upright.
5. Keep elbows (and other body parts!) off the table while eating.
6. Chew with your mouth closed. Wait to talk until you've swallowed.
7. Say, "Please pass the potatoes," instead of reaching.
8. Chat with everyone at the table, but don't make rude noises like burping or slurping.
9. Ask to be excused when finished and say, "Thank you."
10. Offer to help clear the table.

